

STC 24647

ps
[65]

Z 143

EX LIBRIS ANNE WILLAN



~~16~~
136

~~14~~
17



VIA RECTA A D

Vitam Longam.

OR,

A plain Philosophicall Demonstration of
the Nature, Faculties, and Effects of all such things
as by way of nourishments make for the preservation of
health, with divers necessary dieteticall observations;
as also of the true use and effects of Sleep, Exer-
cise, Excretions, and Perturbations, with
just applications to every age, constitution
of body, and time of yeere.

By TO. VANNER, *Doctor of Physick in Bathe.*

Whereunto is annexed by the same Author, a ne-
cessary and compendious Treatise of the famous Baths of
Bathe, with a Censure of the medicinable faculties
of the water of Saint *Vincent's Rocks*
neere the City of *Bristol*.

As also an accurate Treatise concerning TOBACCO.

L O N D O N,

Printed by *R. Bishop*, for *Henry Hood*, and are to be sold at his shop
in Saint *Dunstons* Churchyard in Fleetstreet. 1638.

VIA RECTA

A.D.

Vitam Longam.

OR,

A plain Philosophical Demonstration of
the Nature, Faculties and Powers of all such things
as by way of nourishment make for the preservation of
health, with diverse necessary dietetical observations;
as also of the true use and effects of Sleep, Fasting,
the Exercise, and Posture of the Body, with
the application to several conditions
of the body, and uncorrupted youth.

By Thomas Vaughan, M.D.

Whence is annexed by the same Author a ne-
cessary and compendious Treatise of the nature, Parts, and
Virtues, with a Catalogue of the medicinal Faculties
of the water, which is called the Key of the
Secrets of the Body.

As also an accurate Treatise concerning TOBACCO.

LONDON,

Printed by W. B. at the New York, and at the London Press,
in Saint Dunstons Church, in Fleet Street. 1682.

AVGVSTISSIMO
CHRISTIANI ORBIS
MONARCHÆ,
CAROLO,

D. G.
MAGNÆ BRITANIÆ,
FRANCIÆ, ET HIBERNIÆ
REGI POTENTIS-
SIMO,

PROSPERVM
IMPERIVM IN HAC VITA,
cum æterna felicitate in vita
futura comprecatur,

ATQVE
In fidelis animi testimonium, debitæque
subjectionis Symbolum,

OPVS
Hoc salutiferum humillimè offert,
dicat, consecrat

To. Venerus.

AVGVSTISSIMO
CHRISTIANI ORBIS
MONARCHAE
CAROLO.

D. G.
MAGNAE BRITANNIAE
FRANCIAE ET HIBERNIAE
REGI POTENTIS-
SIMO,

PROSPERVM
IMPERIVM IN HAC VITA,
cum aeterna felicitate in vita
futura complectamur,

ATQVE
In fidei animi testimonium, debitas
subjectionis Symbolum,

OPVS
Hoc saluiter humillime offert
dilecti, conlecti

To. Vernon.

A

TABLE DIRECTING TO THE PRINCIPALL THINGS CONTAINED IN THIS TREATISE.

Abstinence from meat,
vide Fasting.
Aire, the differences
and properties there-
of. Pag. 1. 2. 3.
*What things declare the good-
nesse and wholsomenesse of
the Aire* 5
*Whether the change of Aire
which is seene in every
quarter of the yeere, may be
deemed necessary for the pre-
servation of health* 6
*Why are those that inhabit
eminent places in a free and
open Aire, of a more long
and healthy life, and also of
a more acute, generous and
magnificent mind, than those
that inhabit low and marish
places* 10

Fish-keyes 132
*Ale, for what bodies more pro-
fitable than Beere* 45
*Ale, very hurtfull to phleg-
matick and grosse bodies,
and such as are subject to
obstructions.* ibid
Allowes 100
Almonds 174
Almond milk 175
Alexanders 206
Anchovae 103
Aniseeds 220
Anger, the effects thereof. 303
Apples 146
Aprecocks 153
*Appetite to meat, whether good
to provoke with sauces* 225
*Aqua vite, the use and pro-
perties thereof* 36. 57.
Artichocks 181

Asparagus

The Table.

Asparagus
Avens.

204

216

B

B *Agill*

210

Bawme

ibid

Barberies

167

Barbell

107

Base

97

Bacon

68

Bellies of Beasts

89

Belly naturally soluble greatly awayleable to health.

296

Beefe

65

Beere, whether more wholsome than Ale

44

Whether Beere breed Rheumes more than Ale

45

Stale Beere most wholsome in the Summer season

47

How many properties ought there to be in the best wholsomest Beere

47

Beere, for what bodlies better than Ale

45

Whether it bee convenient to drink the Beere a little warmed

46

Beetes

194

Betony

211

Beanes

179

Birt, vide Turbut

Blites

194

Blackbird vide Owfle.

Borage

198

Brawne

68

Braine of Beasts and Fowles.

87

Breame

96

Bread, the divers sorts thereof

19.20.21

Seven properties in the best and wholsomest bread

22

Bisket bread, and the crust of bread, whether good for the body

25

Bread, whether ought to be taken with the meats in a certaine measure and proportion

246

Break fasts, the use thereof.

237

Burnet

198

Broome buds

131

Englosse

198

Bustard

82

Butter

117

Byttour

82

Baths of Bathe, their nature, use, and efficacy.

312

C

C *Apon*

74

Capanes

75

Carross

183

Careway seeds

220

Carp

107

Calaminary or Sea-cut

100

Capers

131

Cabbage Coale, vide Coleworts

Cheese

The Table

Cheefe	118
Cherries	164
Chestnuts	172
Chervill	216
Chibols	188
Chickens	74
Cinnamon	138
Cinnamon water	139
Cinquefoyle	199
Cives	189
Citrons	129
Clarie	214
Clou's	139
Costmarie	213
Coriander seeds	220
Coleworts	182
Coney and Rabets	72
Cockerels	75
Coots	85
Cod-fish	96
Conger	101
Cockles	104
Crane	83
Crab	105
Craw-fish, or Crevifes	109
Creame	117
Curlew, and Curres	85
Cucumbers	177
Pickled Cucumbers	178
Currans	163
Red Currans, vide Ribes	
Cuttle fish	100
Cyder and Perry, whether wholsome and profitable drinks	50

D

D Abbe	95
Dace	108
Dandelion	198
Damsons	159
Dates	157
Diet, three sorts thereof, and whether an exquisite man- ner of Diet be best for the preservation of health.	221
Custom of Diet that is ill with how many cautions ought to be changed	132
A sparing Diet, why to bee observed in the Spring and Summer	263
Dinner or Supper, whether ought to be the larger	247
Dog-fish	96
Dorie	99
Drinke, the divers kinds ther- of	26. &c.
To drinke ad hillaritatein, whether lawfull and profi- table	43
In the use of Drinke, three things to be observed	253
A generall rule for drinking at meales	a

The Table.

meales	254	Fenduck, vide Moorehen.	
Drinking Mornings fasting,		Fennell	219
and likewise Evenings at the		Feet of Beasts	91
time of going to bed, whe-		Feildfare	82
ther healthfull for the body		Fresh-fish, whether wholso-	
	259	mer than Salt-fish	110
Drinking betweene meales,		Fish, the often use thereof	
whether good for the body		hurtfull to the body	93
	258	Figges	156
Ducks and Ducklings	86	Filberds	171

E

Eles	108	Flesh and fish, whether good to	
Egges	111	bee eaten at one, and the	
Endive	197	same meale	245
Exercise, the commodities		Flounder or Flook	95
thereof	287. &c.	Framboise	167
Excrements, why doth the		Frumentis	120
health of the body much		Fruits that are new, whether	
consist in the due and daily		good to be eaten raw	144
avoyding of them	295		
	296		
Eyes of Beasts	88		

F

Fasting, for what bodies		Garlick	186
necessary, and for what		Gillowflowers	203
bodies hurtfull	262	Ginnies, vide Turkeys	
A fat and corpulent state of		Ginger	141
body, whether for health		Greene Ginger, or Ginger con-	
werse than a leane	267	dited	142
		Goose, and green Geese	86
		Gotes flesh	73
		Goldine vide Guilt-head.	
		Gooseberries	165

G

Gourd

The Table.

Gourds	199
Grapes	160
Gudgeon	108
Gurnard	95
Guilt-head	100
Gyssards of Fowles	90

H

H Abitation that is eminent best for health.

	8
Hares	72
Hake	96
Hallibut	99
Haddock	97
Heron, and Heron-shov	83
Heath-cocks	82
Hens	74
Heart of beasts	90
Herrings	102
Honey	134
Hop-buds	204
Hyssop	207

I

Ioy, if immoderate, the effects thereof 302
Ioy, that it may be joy indeed 305

Iringo roots	186
Iunkets of milk	121

K

K Ids flesh	62
Kidneies of beasts	91
Water Karse	215
Towne-karsh	ibid

L

L Amb	62
Larks	81
Lampwinck	83
Lamprey	101
Lang de beuf	198
Leeks	189
Lettuce	190
Linnets	82
Livers of beasts and fowles	90
Lights of beasts	91
Lobster	105
Lomp-fish	101
Lymons	128

M

M Almsey, vide wines	
Mackerell	96
Marrow	88
Marmalade	151
2 2 Mari-	

The Table:

<i>Marigolds</i>	203
<i>Mallows</i>	195
<i>Marjoram</i>	211
<i>Maudline</i>	213
<i>Mace</i>	139
<i>Medlars</i>	154
<i>Melons</i>	176
<i>Musk-melons</i>	177
<i>Mercury</i>	195
<i>Meaw, vide Sea-gul</i>	
<i>Methegline and Meath.</i>	53

Of Meats and Meales, divers necessary and profitable

Queres 223. &c.

<i>Milke</i>	113
<i>Mints</i>	208
<i>Moore-hen</i>	85
<i>Muscadell, vide Wines.</i>	
<i>Mutton</i>	64
<i>Mullet</i>	97
<i>Muskles</i>	104
<i>Mulberries</i>	155
<i>Musbrums</i>	176
<i>Mustard</i>	126

N

N <i>Avenes</i>	184
<i>Nuts</i>	107. &c
<i>Nutmegs</i>	139
<i>Nutmegs condited</i>	140

O

O <i>yle</i>	134
<i>Olives</i>	129
<i>Onions</i>	187
<i>Orach</i>	194
<i>Organie</i>	206
<i>Orenges</i>	127
<i>Owle</i>	81
<i>Oysters</i>	103

P

P <i>Arslly</i>	105
<i>Partridge</i>	78
<i>Parsneps</i>	183
<i>Passions of the mind.</i>	391, &c.
<i>Perry vide Cyder.</i>	
<i>Peacocks</i>	76
<i>Pepper</i>	140
<i>Peares</i>	148
<i>Peaches</i>	153
<i>Pease</i>	180
<i>Penieroyall</i>	206
<i>Perch</i>	106
<i>Pheasant</i>	78
<i>Pigeons</i>	76
<i>Roasting Piggs</i>	69
<i>Pilchard</i>	102
<i>Pike and Pikerell</i>	106
<i>Pine-apple</i>	172
<i>Plover</i>	85
<i>Plaice</i>	

The Table.

Plaice	76
Plums	158
Pomegranat	151
Potatoes	185
Porpuise	102
Pork vide Swines flesh.	
Prickmadam	193
Prunes	160
Pranes	105
Pnet	84
Puffine	109
Purflane	192

Q

Q Vailes	79
Quinces; and Quince-peares	150

R

R Abbets, vide Conies	
R Radge	84
Radish	132. 184
Railes	82
Raisins	163
Raspis, vide Framboise	
Red-shanke	84
Ribes	166
Rice-milke	121
Rocket	213
Roche	108
Roses	200
Rosemary	212

S

S Ack, vide Wines
 Sawces, whether necessary
 in the regiment of health
 123. 225. 226. 227. 228

Safforn	143
Sage	212
Salt	123
Salmon, and Salmon-peale.	97. 98
Sampier	132
Savory	208
Scallions	188
Sea-gull	84
Sea-cut	100
Services	154
Shad	96
Shrimps	105
Skirret roots	185
Sleep, that it may be taken for the health of the body	269. &c
if immoderate, the hurts thereof;	282
Smelts	96
Snires	82
Sole	94
Sorell	196
Wood-sorell	197
Sparrowes	82
Spinage	193
Sprats	103
Sperage, vide Asparagus	
Stork	84
Strawberries	168

a 3 Straw-

The Table.

Strawberrie leaves	199
Surgeon	98
Succory	197
Sugar	136
Supper or Dinner, whether ought to be the larger	247
Swan	86
Sweating by exercise, the com- modities thereof, vide Exer- cise. Whether good to be pro- cured in a Stove or Hot- house	299, 300
Swines flesh	66

T

T Ansey	213
Tarragon	214
Teale	84
Tench	108
Thornback	102
Thrush	81
Time	207
Tongue of beasts	89
Trout	106
Tunie	102
Turkies	75
Turtle-dove	81
Turbert	98
Turneps	184
Towne-creffes or Towne-karse	215
Tobacco, the nature and use thereof	345, &c.

V

V Eale	64
Venison of Red and Fal- low Deere	70
Verjuyce	126
Vinegar	124
Violets	199
Vdders of beasts	91

W

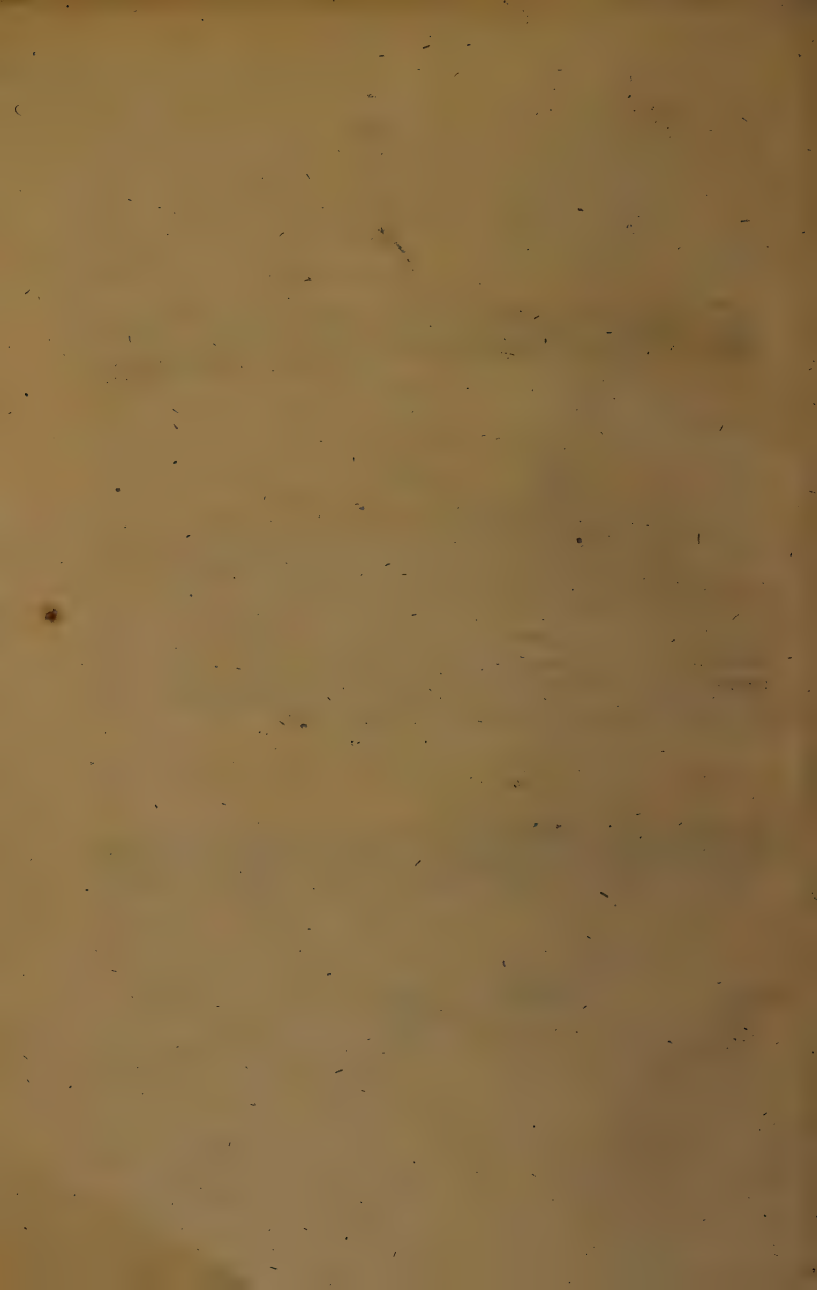
W Ater, the differences thereof	12, &c.
Wether the drinking thereof bee good for Northern peo- ple	16
Walnuts	171
Wardons	149
Water-karse	215
Watchings, if immoderate the hurts thereof	282
Vntimely watching most hurt- full to Students	217
Whorts	169
Whiting	96
Wigeon	85
Wings of fowles	90
White meats, which are made of Milke	120
Wines, the differences, nature and use of them	26, 27, &c.
Woodcocks	82
Wolfe-fish	101
Wormwood	217



Errata.

PAge 41. line 9. after many, reade by. p. 63. l. 7. after Lamb, r. by. p. 85. l. 20. for yeeding, r. yeelding. p. 87. l. 19. after braine, leave out &c. p. 94. l. 28. for excrement, r. excrement. p. 168. for abstractions, r. obstructions. p. 175. l. 2. for the, r. they. p. 189. l. 7. for obsterfive, r. abstersive. p. 196 l. 28. for, bell r. belly p. 199. l. 26. after in, r. the p. 215. l. 1. after stomach, r. the. p. 235. l. 2. for of, r. or. p. 246. l. 27. for whereupon, r. whereunto p. 249. l. 14. for meale, r. meales. p. 251. l. 13. after that, r. the. p. 266. l. 23. for concoction, r. obstruſion. p. 276. l. 19. after it, r. be. p. 283. l. 19. for an. r. our p. 255. l. 1. after that, r. not. p. 314. l. 8. for heale, r. heat.







OF
THE NATURE
AND CHOICE
Of Habitable Places.

SECT. I.

*Whether a temperate Ayre be the best and wholesomest
for the preservation of life?*

Seeing that, for the continuance of life and health, there is so great respect to be had of the Ayre (for without it we can scarcely live a moment of time) and place of habitation, as of the meats wee eat; I therefore thought it meet to begin my first Section, with the knowledge of those things that demonstrate the salubritie of habitable places, which is expended chiefly in three things; in purenesse of the Ayre, quality of the soyle and situation, and wholesomnesse of the water: from which every man may easily gather and conceive of the healthfulness of his habitation. And first as concerning

B

the

The best and
wholesomeſt
Ayre.

the Ayre : that is the beſt and wholeſomeſt to preſerve life, which is ſubtile, bright, and cleare, not mixt with any groſſe moiſture, or corrupted with filthy or noyſome vapors, which alſo with calme and pleaſant windes (for great and boiſterous windes are to the lungs, eyes, and eares hurtfull) is gently moved : for ſuch Ayre is in ſubſtance pure, in qualities temperate, and therefore moſt wholeſome. But the Ayre that is infected with corrupt and filthy vapours, evaporating or breathing out of ſtanding pooles, channels, or other impure places, which in moſt Townes and Cities through the neglect of the Magiſtrate, is very frequent and too offenſive, or which is ſo ſhut up with hills or mountaines, that it cannot bee freely perſtated and purified with the windes, is not fit for preſerving of health ; like as neither that, which is affected with too much heat or cold, or ſuffereth often and ſuddaine mutations. For as a pure, cleare, and temperate ayre is good for every age and conſtitution : even ſo impure, groſſe, cloudy and intemperate ayre is to every age and conſtitution hurtfull. Therefore touching the knowledge of the goodneſſe of the ayre, it muſt be conſidered that it bee not vaporous, moyſt, or putrid, nor too hot, or too cold, not over-moyſt, or dry : for a vaporous, cloudy, groſſe or putrid ayre doth cauſe rheumes, annoy the lungs, corrupt the humors, infect the heart, deject the ſpirits, and ſubvert the habite of the whole body, inducing often very malignant and contagious ſickneſſes.

Ayre vaporous
groſſe or putrid.

Ayre too hot,

Ayre too hot doth relaxe the joynts, reſolve the humors, and ſpirits, caſt downe the ſtrength, greatly weaken

weaken the concoction, with all other functions of the vegetall facultie, because it dissolveth and draweth out the naturall heat. Moreover, it maketh the colour yellow, because it corrupteth the blood which rubifieth the colour, and causeth choler to exceed other humours. Last of all, it heateth the heart with an unnaturall heat, it dissolveth, wasteth, and consumeth the humours, and causeth them to putrifie, and flow to the concavities and weak parts of the body; and therefore it is not agreeable to healthy bodies: Notwithstanding it is availsable for over-cold, moist, hydropick, and paralitick bodies, and such as are affected with the cramp proceeding of too much cold and moisture.

But ayre temperately hot doth maintaine the naturall heat, confirme the strength, and maketh all the operations of the body more lively: it is very comfortable and agreeable to every constitution.

Temperate
Ayre.

Aire too cold is of a congelative power, and therefore weakneth the sinewes, and greatly hurteth the braine, breedeth catarrhes, and * Asthmaes, and extinguisheth the naturall heat, especially in weak bodies, by congeling the substantiall moisture thereof, and consequently it being not able to actuate as it ought, putrifieth. It is lesse hurtfull, nay, sometimes profitable to bodies that are exceeding hot: and to sound bodies it is more convenient and agreeable than aire that is over-hot.

Aire intempe-
rately cold.

But aire meanelly cold is healthfull, because it impelleth the naturall heat into the inner parts, and so causeth a strong digestion, provoketh the appetite, and maketh all the hidden operations of nature

* *Asthma* is a disease; when the lungs are so stop't and clogd with Phlegme, as that they cannot dilate themselves: by reason whereof, a man cannot breath but with wheeving, panting, &c. Aire meanelly cold.

more effectuall: For such a coldnesse is proportionably contrary to the naturall heat, by reason whereof, the naturall and genuine heat is by an Antiperistesis fortified, and the digestion, which is the root of life, confirmed.

Aire too moist.

Aire too moist, such as is commonly in marish and low places, is to all bodies most hurtfull, because it too much lenifieth and moistneth the body, and filleth it with excrementall humors, and causeth distillations, the very root almost of all diseases of the braine and sinewes, as Crampes, Palsies, &c. with paines in the joynts; and to speake all in a word, a generall torpidity both of minde and body.

Aire indifferently moist.

But that aire which is meanelly moist, especially in the Summer time, is agreeable to most complexions; for it maketh a good colour, softneth the skin, and openeth the pores, whereby is caused the better diffation, and discussion of vaporious superfluities, but yet it somewhat maketh the humors prone to putrefaction. This Aire verily is very agreeable to bodies of a dry constitution, but unto other, by reason that it soone causeth putrefaction of humours, it is farre lesse convenient.

A dry Aire.

A dry Aire is contrary unto this, and it is most agreeable to moist constitutions.

Now these things, which I have hitherto declared, concerning the election of Aire, being considered, it doth plainly appeare, that of the same a temperate mediocritie in caliditie, frigiditie, humiditie, and siccitie, as much as possibly may be; besides the lucid and cleare substance of it, is for the preservation of health to be desired, because such Aire doth cause

cause and conserve the health of the inhabitants. For nothing verily causeth the body to be more lively and jocund, and lesse dull and unapt about the voluntary and animall motions, than to live in a pure, cleare, and temperate Aire, which hath in it no mixture of any filty or offensive vapour. And there are two things that doe plainely manifest the wholesomenesse of such Aire, as first, places free from very low Valleys, and Moores, and foggie Mistes in the night; then the bodies of the Inhabitants, as an acute wit, a sound and lively colour, a stable integrity of the head, quick sight, perfect hearing, sound smelling, cleare voyce, and no difficulty of breathing, or unlustinesse of the limmes: For by these signes the wholesomenesse of the Aire is approved, and by the contrary the offensive and noysome breath thereof is detected.

What things
declare the
wholesomenesse
of the Aire.

But seeing that it is not every mans lot to life in a pure and healthy Aire, and such is the necessity of the Aire, that even for a moment of time it cannot be eschewed, it must needs follow, that from it our bodies receive very great alterations: Wherefore the evilnesse of the Aire being knowne, and the alteration which it maketh in our bodies considered, it may be easie in our meat, drinke, exercise, &c. to object the contrary, which may much hinder, infringe, and attemper the action and power of the Aire; but yet I counsell all such as are truly generous, that they make their habitations, so much as may be, remote from low, fennie, and moorish places; for the health of the body ought to be preferred before any pecuniary profits.

Whether the change of Aire, which is seene in every quarter of the yeere, may be deemed necessary for the preservation of health; seeing that we finde by yearly experience, divers diseases to accrew and have their beginning with the season.

Although alteration of the Aire in every quarter of the yeere doth diversly affect our bodies, and produce diseases, Nature being not able to undergoe the sudden changes of the same; yet this change and vicissitude of times, is not onely pleasant and delightfome, but also very necessary for the preservation of health. For if one cold and moist season of the yeere can in Phlegmatick bodies, occasion Palsies, Apoplexies, Dropsies, and the like: an hot and dry season, in cholerick bodies, acute Fevers, Frensies, and the like: how much more then would these and more contagious sicknesses be occasioned, if two or three seasons of the yeere, or the whole yeere should be of one and the same temperature? Wherefore Almighty God, for the singular comfort and commodity of man, hath ordered, that the exceeding temperature of one season, should be corrected by the contrary of another.

And from hence it may easily be collected, why men commonly are not so healthy in their state of body, nor so acute and exact in the actions of their minde, in that season of the yeere, which in its temperature is correspondent to the temperature of their bodies, as in that which is not answerable, or is contrary thereunto. For like being added to

Why are not men commonly so healthy in their state of body, nor so acute in the actions of their mind, in that season of

its like, augmenteth the same, and soone causeth a discrasie, a putting of the body and spirits out of frame: and therefore such as are cholerick, of an hot and dry temperature, are in their state of body, better in the Winter than in the Summer, because the cold and moisture of the Winter, attempereth the heat and siccity of their bodies, and stablisheth the spirits. And so by the contrary, Phlegmatick bodies are in better state in the Summer, than in the Winter. The like may be said for Sanguine bodies in the Autumne, & for Melancholick in the Spring: for the moderate cold and siccity of the Autumne doth attemper the heat and moisture of the one; and the heat and moisture of the Spring, the cold and drouth of the other, subtiliating withall, and vivifying the spirits. Wherefore the alteration which every season in the yeere maketh in our bodies being considered, it may be easie for any one in his meat, drink, &c. to object the contrary, which may, according as his constitution and age shall require, hinder and attemper the action and power of the Aire on his body. I have said, according as the constitution and age shall require: for a cholerick body that is of an hot and dry temperature, being in his declining or old age, may not in the Summer time use cooling and moistening things in that measure, as if he were in his youthfull, flourishing, or constant age; nor in his constant age, as in his youthfull: for so he shall soone infringe his naturall heat, and subvert the œconomy of his body. The like application is to be made in others: for the diet or rule of life that any one observeth for his health,

the yeere
which is answerable to
the temperature of their
bodies, as in
that which is
disagreeing
thereunto?

must

must not be fitted onely to the temperature of his body; but with respect also had to his age, and time of yeere: all which is particularly demonstrated and applyed in the ensuing Treatise.

Whether the habitation that is somewhat eminent, be for health the best approved.

With good reason did our Ancestors build their houses towards the South and the North, because thorow the Northerne windowes, the North winde might in the Summer passe in, to coole the bloomie aire in them; and that the Sunne, which rectifieth the Aire, might thorow the Southerne windowes in the Winter enter into every roome. For otherwise they cannot have the benigne and sweet aspect, of the Sunne, and the pleasant and healthfull blasts of the North winde at those distinct times of the yeere. But they did, for the most part evilly set them (more regarding their commodity than health) in deep and crooked places, because in such places they cannot be freely persflated and purified with the windes. Neither is that house or place of habitation to be commended, that lyeth open to the West, because it is perpetually subject to the moist and excrementall blasts of the West winde. But in mine opinion those houses and habitations are best, which are somewhat eminently situated on pure and firme ground, farre off from low, marish, or other filthy places, (for there the Aire is for the most part temperate, subtile and pure, seldome infected with vaporous blasts) having,

What place
for habitation
is best.

if possibly it may be, springs or brooks of pure water neere adjoyning, lying open to the South and East, with hills (which may somewhat hinder and keep back the vaporous West winde, and the sharp North winde in the winter) a little remote on the West and North side, having windowes looking not onely towards the South and North for the reasons aforesaid, but also, so much as may be, towards the East, because the Sunne in the beginning of the day, arising upon them, doth excellently clarifie, and purge the Aire of them, and is all the day after better exposed to the most wholesome blasts of the East winde. But heere advertisement must be given, that the Easterne windowes or casements be not set open, before the Sunne hath somewhat purged the Aire, and dissipated the clouds, especially in moist seasons: for the morning Aire, by reason of the coldnesse and moisture of the night, is grosse and impure, very hurtfull to them that have weake brains, and subject unto rheumes, untill it be illustrated by the presence of the Sunne, and purified by his heat and splendor.

And here I would not, that the Reader should so conceive me, as that I judge the West winde, to be at no time wholsome: verily, I think nothing lesse, for it is sometimes wholsome enough, as if in the time of its blowing, the Aire be bright and cleere, especially if it blow in the declining of the day, and the beginning of the night: for then it is the purer and lesse grosse, by reason of the presence of the Sunne in the West part, which attenuateth the blasts of it. Wherefore I doe conclude, that in an house,

to the end it may be perflable, it is expedient to have windowes on every fide, which may, *ad placitum*, be opened and shut up againe.

Why are those that inhabit eminent places in a free and open Aire, of a more long and healthy life, and also of a more acute, generous, and magnificent minde, than those that inhabit crooked, low, and marish places.

THis question consisteth of two parts: the reason of the first is, because the Aire in eminent and open places, both by reason of the continuall motion of it, as also of the firme solidity of the earth, is more subtile and pure, whereby it commeth to passe, that the inhabitants are even to extreme old age, seene to enjoy very good and perfect health.

But in crooked, low, and marish places, for such verily are the spirits, as is the Aire which is inspired: the Inhabitants are sickly, and have turbid and obfuscated spirits, by reason of the grossenes and impurity of the Aire. For, impure, grosse, and intemperate Aire doth corrupt the spirits and humours: from whence proceed infinite diseases, and untimely old age. Therefore eminent Regions, because they are with pure windes freely perflated, are more healthy, than low and marish places, and in them men live not only more healthfully, but also longer: and from hence it was, that *Plato* wrote, that hee ever found the longest livers in high and temperate Regions.

Therefore he that desireth to live a long and healthy life, must dwell in an eminent and champion countrey,

countrey, or at least, in a place that is free from muddy and waterish impurities: for it is impossible, that a man should live long and healthily in a place, where the spirits are with impure Aire daily affected. Wherefore I counsell them, that wish to enjoy true health, and a firme state of body, to take speciall care that they live not in waterish places, or in a grosse, corrupt, and filthy Aire, or otherwise subject to vaporious blasts, which annoy the spirits, breed Rheumes, and are very pernicious to the Lungs.

Now, the reason of the second is evident, by that which hath beene shewed concerning the former: for those that live in eminent and champion countries, by reason of the tenuity, purity, and wholesomenesse of the Aire in such places, have cleare, pure, and subtile spirits, from whence it commeth, that they are witty, nimble, magnanimous, & *alta petentes*. But the contrary is seene in low and marish places: for there, the Inhabitants, by reason of the evillnesse of the Aire, have grosse and earthy spirits, whereof it is, that they are for the most part men, *humum tantum sapientes*, dull, sluggish, sordid, sensuall, plainly irreligious, or perhaps some of them, which is a little worse, religious in shew, externall honest men, deceitfull, malicious, disdainfull. Wherefore, seeing that the diversity of spirits, and differences of wits and manners, doe so much proceed from the condition and nature of the Aire, I doe here againe advertise all such as are ingenious, generous, and desirous of perfection, both in minde and body, that they endeavour by all meanes, to live

* For some have their natures rectified by education.

in a pure and healthy Aire, and so seldomely as may be, frequent places, where the Aire is wont to be infected with vaporous impurities.

Whether Fountaine water, in goodnesse and wholesomesse, excell other waters?

THat water is esteemed to bee the best and wholsomeft, which is most cleare and thin; pure in taste and smell, altogether cleane from any impure, terrene, or other dreggy mixture. And such is, before all other, fountaine water, if it rise in a pure, high, and open place, and that against the East, for then it is the better depurated with the morning Sunne, and pure orientall winds. Of fountaine waters, those that rise against the North, because they have not the radiant aspect of the Sunne, which purifieth the waters, are least commendable: for they are not easily concocted, they weaken the stomack, and cause fluctuations, and flatuousnesse in the body. But there are some fountaine waters, not to be allowed for alimentary uses, and such are those, which rise from Sulphurous, Bituminous, or metalline places, or which are carried thorow like veines of the earth, because they receive an unpleasant savour and smell, and also an evill quality from those things that they issue from, or runne thorow.

Next unto fountaine water in goodnesse, is raine-water, so it fall not in a boysterous or troublesome Aire; for the Sunne, from all waters and humid places, draweth up the thinner and purer portion resolved

solved into vapours, which is the matter of raine to come. Notwithstanding, the goodnesse thereof doth alter according to the divers parts of the yeer; for that is the best, which falleth from the middle of the Spring, to the middle of Autumne, because in those seasons, the Aire is for the most part pure, seldomely corrupted with noysome vapours, which defile the raine-waters. And there are some, to whose opinion a man may easily, without error subscribe, which think, that such raine-water is not inferiour in goodnesse to fountaine water. But the waters which fall with great tempests of winds, haile, thunder, and lightnings, are, by reason of many confused vapours and exhalations collected in the Aire, impurer, and therefore not so well to be approved for the health of mans body.

Raine-water
altereth in
goodnesse, ac-
cording to the
times of the
yeere.

River-water hath the third place of goodnesse, both by reason of the action of the Sunne upon it, as also because that by motion, it becommeth thinner, except it be polluted by the mixture of other things, as it commeth to passe in Rivers, that runne thorow marish places, or neere unto populous Townes and Cities: for then, by reason of all manner of filth running, or cast into them, they become very corrupt and unwholesome. Therefore where the Inhabitants, through the want of most wholesome Fountaines, are constrained to make use of River-water, let them take especiall care, lest in stead of that which is wholesome, they take that which is corrupt and very offensive to the health of their bodies: Wherefore let them make choice of that River-water, which is not subject to the afore-

River-water.]

said hurts; but runneth with a full streame upon gravel, Pebble-stones, Rockes, or pure earth: for that water, by reason of the purity of the place, motion, and radiant splendor of the Sunne, is thinner, sweeter, and therefore more pure, and wholesomer: and in my opinion, it is doubtfull, whether Fountaine waters surpasse in goodnesse such River-waters. But if the River waters shall not be cleare, but slimie and muddy, and the same, for want of better waters, necessarily used, as in many low and marish places, then let them be kept so long in some vessell, till that the grosse part rest and settle in the bottome, for by this meanes, the thinne and purer part of the water may be taken and used, and the grosser cast away.

Well-water.

Well-water is judged inferiour to the former, in purity and wholsomenesse, not onely because it is void of motion, but also because it is not illustrated of the Sunne; notwithstanding, if the Well be digged in pure Earth, and the mouth open to the Aire, not shut up in a darke obscure place, not beset with a filthy bottome, but a pure, gravelly, or rocky, then the water, especially if it be often drawne, is very good and wholesome.

Pumpe and
Cisterne waters.

And heere understand, that the waters that are drawne thorow Pumpes, because they are shut up from the Aire, are worse than other Well-waters, for they more quickly putrifie, and acquire an ill quality. The like may be said of Cisterne-waters. Neither are the waters which are carried thorow Pipes of Lead, so wholesome as they are supposed to be, not onely because they are shut up from the

Waters carried
thorow
Pipes of Lead.

Aire,

Aire, but also because they are thought to acquire an unwholesome quality from the Lead: they are troublesome to the stomach, and ponderous to all the bowels; but these hurts in their boyling, are well removed.

All standing waters, as of Pooles, Motes, and of Pits, which in low and marish places are very usual, are most unwholesome, and altogether (as pestiferous) to be avoided and eschewed: for in that they are standing, or creeping with a very slow pace, the parching heat of the Sunne often working upon them, doth more mightily pierce to the bottome, and so leaving the grosser part, draweth up the thinner, whereby it commeth to passe, that the waters appeare muddy, and of a leadish colour, corrupted both in smell and taste. Waters that are taken neere unto the Sea-shores, or armes of the same, are for the most part corrupt, and of a stinking smell, and unpleasant savour, and therefore naught and unwholesome for mans body.

Standing
waters.

Waters neere
the Sea-shores

*Whether Snow waters be in goodnesse matchable
to River water?*

NO, and the reason is, because that while the Snow is ingendred, the thinner part of the matter, is (as it were) pressed forth of the cold, and converted into clouds, the grosser part remaineth, and is turned into Snow: whereof it commeth, that Snow-waters are grosse and over-cold, and therefore hurtfull to mans body; for they cause rheumes, and greatly hurt the sinews. Moreover, they

they breed splenetick passions, by causing the spleene to grow great, they confound the brest and liver, cause Asthmaes, and fill the stomack with flatuous crudities: wherefore the use thereof, especially in elder yeeres, doth undoubtedly induce exitiall affects to the sinewes, joynts and bowels. But Snow-water is, of some in these daies, greatly esteemed of, to coole and extinguish thirst. To which purpose in the hot seasons of the yeere, they mix it with their wine, which use although it may make the wine more gratefull to the pallate, yet it is hurtfull for the stomack, infringeth the naturall heat, breedeth the winde collick, and in continuance bringeth many other inconveniences to the body. But admit that in hot Countries, and in hot seasons, it may be for some bodies agreeable; but in our Northern Countries, it is at no hand to be allowed, except to such as are impensively hot; for it is onely profitable to a stomack that estuateth with heat.

Whether it be expedient for health, to wash and bathe the body in River waters?

I Answer, that it is good in the fervent heat of Summer, for such as are in their youthfull and flourishing age, and of an hot constitution, to bathe and wash their bodies in the Rivers, three or foure times, with this caution, that they goe not into them upon exercise or any other heating of the body: for the pores being by meanes thereof open, the cold of the water vehemently entereth
in,

in, congealeth the blood, and extinguisheth the spirits : wherupon ensue desperate extremities, swoonings, and many times death it selfe. This bathing in cold waters, though it seeme at first to strike a kinde of chillie horror to the body; yet it brings with it much utility, for it tempereth the spirits, repelleth and fortifieth the naturall heat, and strengtheneth the whole habit of the body; yet so, as the aboad in the waters exceed not at the most the space of an houre : for then it may over-coole the naturall heat, and consequently occasion Cramps, and other affects of the sinewes. Moreover, to prevent these and the like hurts that may ensue by the use of these waters, you must observe not to goe into them, but in a very hot day, and that also before the heat of the day begin to decline, as about three of the clock in the afternoone : for then the cold of those waters is well attempered by meanes of the power and action of the Sunne on them all the day.

D **Of**



Of the divers kindes of Bread.

SECT. II.

Whether Bread that is made of the middle and purest part of the Meale not separated, be the best and wholesomest?



Mong the things which serve for meat, I may with very good right give the first place unto Bread, for it is the simplest nourishment, and to our nature very familiar: if it be well made and prepared, the nourishment which it yeeldeth, is very substantiall and exceeding good. But the vertue and goodnesse of the Bread is to be taken from the nature of the graine, and manner of preparation. Concerning the preparation, I will onely touch it a little hereafter, where I will shew the properties that ought to be in the best and wholesomest Bread. And whereas there are divers sorts of graine wherewith Bread may be made, yet we most chiefly use three, Wheat, Rie, and Barly; for we never use Beanes, or Oates, except in a very great scarcity of the former. For Bread made of Beanes, is very dry, by reason whereof it is brittle, unpleasant, and hard to digest: it can in no wise be wholsome, for it filleth the body full of winde, and is void of any good

good alimentall juyce. Of Oates in *Wales*, and some of the Northern shires of *England*, they make bread, especially in manner of Cakes, which kind of bread is of light digestion, but windy, and yeeldeth a weak nourishment to the body: while it is new, it is meetly pleasant, but after a few dayes it waxeth dry and unfavory: it is a bread of light nourishment, and (in my opinion) not agreeable for men, especially for such as have not beene from their youth accustomed therunto. But these and the like sorts of bread, I separate from this Treatise, both because that in regard of our great plenty of Wheat, Rie, and Barley, it is lawfull even for our poore people to make of them, or of the mingling of them, bread abundantly; as also, because that other sorts of bread are with us growne out of use, wherefore of these onely will I entreat: Of these three, the Bread which is made of Wheat, is by reason of its moderate temperature, the best and worthiest of praise, for it is easily digested, and very strongly nourisheth the body; but it is purer or impurer, according to the finenesse or coursenesse of the flower whereof it is made. For of the meale there are foure parts: *Pollen*, *Simila*, *Secundarium*, and *Furfures*.

Pollen is the purest part of the meale, that is, the finest part of the flower; of this is made the whitest and purest bread, very profitable for thin, weake, loose, and extenuated bodies; but not so commendable for those that are healthy and strong, and therefore if any such use it, they are more curious than judicious.

Simila is that part of the meale, which is the mean between the finest part of the flower and the coursest, which is called *Secundarium*; of this, together with the finest part of the flower, is made the wholsomest and best nourishing bread, and it is in greatest use among the better sort of people.

Secundarium is that part of the meale, whereof
 Second Bread. yeoman-bread is made, which some call second bread. This bread, because it hath in it the finer part of the bran, doth not give to the body so great nor so good nourishment as the former; but it quickly descendeth from the stomack, and maketh the body soluble, and therefore sometimes good for such as are wont to be costive, and if a quantity of Rie flower be added to it, there will be made of them both an yeoman-bread, for strong and healthy bodies very convenient.

Brown Bread. Bread made only of the branny part of the meale, which the poorest sort of people use, especially in time of dearth and necessity, giveth a very bad and excrementall nourishment to the body: it is well called *panis canicarius*, because it is more fit for dogges than for men. But if the grossest part of the bran be separated by a Searce, and Rie flower, or else Barley flower and Rie flower together, be added to that which is sifted from the grossest bran, there will be made a browne household bread, agreeable enough for labourers. Sometimes onely the grosser part of the bran is by a Searce separated from the meale, and a bread made of that which is sifted, called in some places, *One way bread*, wholsome enough, and with some in very familiar use: it nourisheth
 One way Bread. lesse

lesse than that which is made of purer flower; but by reason of some part of the bran which is contained in it, it doth sooner descend and move the belly, for there is a kind of abstersive faculty in the bran: wherefore, for those that are healthy, and yet subject to costivenesse, and also for such as would not wax grosse, it is most profitable.

In time of scarcify of Corne, bread is also wont to be made of the whole meale, from which the bran is not separated, and it is well called *panis confusaneus*, because all the meale, no part thereof being by sifting taken away, goeth into the making of the bread: this bread speedily descendeth, and yet it is troublesome to the stomack, and filleth the belly with excrements.

Panis confusaneus.

Bread made of Rie, is in wholsomnesse much inferiour to that which is made of Wheat: it is cold, heavie, and hard to digest, and by reason of the massivenesse thereof, very burdensome to the stomack. It breedeth a clammie, tough, and melancholick juyce; it is most meet for rustick laborers: for such, by reason of their great travaile, have commonly very strong stomackes. Rie in divers places is mixed with Wheat, & a kind of bread made of them, called *Messeling-bread*, which is wholsomer than that which is made of Rie, for it is lesse obstructive, nourisheth better, and lesse filleth the body with excrements.

Rie Bread.

Messeling Bread.

Some use to make bread, especially in the times of scarcify, of Rie and Barley mixed together; but this kind of bread is more excrementall than the former, yet better than that which is onely made of Barley: for Barley bread is lesse nourishing than

Barley Bread.

Rie bread; it is cold and dry, hard of concoction, and breedeth not a tough juice, but rather somewhat clensing, and therefore it hath speedier distribution thorow the body, than Rie bread hath; but it giveth a dry and excrementall nourishment to the body, filleth it with wind, and greatly hurteth the stomack.

How many properties ought there to be in the best and wholsomeſt Bread?

S Even: The first is, that it be made of the best Wheat; for according to the difference of the Wheat, is the goodnes or the badnesse of the bread. That Wheat is best, which is of yellow colour, of a close and compacted substance, cleane, weighty, and so hard, that it will not easily be broken betweene the teeth: contrary to this is that which is of a lax and open substance, such as is commonly growne in low and uliginous places. And if Wheat, that hath all the aforesaid properties, cannot conveniently be had, yet let it be such as is of an hard compacted substance, and weighty: for it is generally to be observed in every kind of Wheat, that the better and wholsomer bread is alwaies made of the weightier and more compacted Wheat, and the worser of that which is more light and open.

The second property is, that it be fitly leavened; for the leaven causeth the bread to be of thin parts, by reason whereof, it is more easily digested, and breedeth better humors. But the leaven must be fitly

fitly proportioned, because common experience proveth in mens stomacks, that bread much leavened, is of heavie digestion, and of no commendable nourishment. All the ancient Physicians deemed unleavened bread to be very unwholsome, because it is of hard digestion, and breedeth obstructive humors. Howbeit we daily prove, that no bread is lighter of digestion, or giveth better nourishment to the body, than our Manchet, which is made of fine flower of Wheat, having in it no leaven, but instead thereof, a little barme. But by this I reject not the use of leaven, to the making either of Manchet bread or of greater loaves; as a thing very profitable and good; but I leave it as a thing indifferent; and every good house-wife to her owne custome herein: only I advertise, that the leaven and barme be fitly proportioned. And by the former rule of the ancient Physicians, all sorts of Cakes, Simnels, Wafers, Fritters, Pancakes, and such like, are to be rejected, if they be not well corrected with some other good ingredients.

The third property is, that it be temperately seasoned with salt: for bread over-sweet is of hard digestion, and breedeth obstructive humors; and bread over-salt is a dryer, and breedeth adust and melancholick humors. But that which consisteth in a mean betweene both, is pleasant to the taste, and more acceptable to the stomack.

The fourth property is, that it be light, and somewhat open, and such, although it be great in shew, yet it is of small weight, and therefore easily digested, and easily distributed from the stomack.

The

5 The fift property is, that it be very well wrought,
and laboured with the hands and brake, and not
over-liquored, as many negligent and slothfull ser-
vants oftentimes do, to save that labour; for then it
is heavie to the stomack, and breedeth clammy and
naughty juyce.

6 The sixt property is, that it bee well baked;
for bread that is ill baked, whether too much or too
little, is of ill digestion, of ill distribution, and there-
fore very troublesome to the stomack.

7 The last property is, that it be not eaten over-new,
as while it is hot, nor when it is stale or growne
dry. It must not be eaten hot, because it will fluctu-
ate in the stomack, slowly descend, oppilate, and a-
bundantly breed wind in the bowels, by reason of a
vaporous humidity that is in it while it is hot, which
in cooling evaporateth; and because it fumeth up-
wards, it causeth drowzinesse, confoundeth the sen-
ses, and very greatly hurteth the braine it selfe.
Wherefore bread while it is hot, although it be to
some mens pallats very pleasant and acceptable, yet
it is to the body unprofitable, because it breedeth
flatulent and obstructive humors. In like manner,
bread that is stale and growne dry, because it hath
lost his naturall temperature, is unprofitable;
for it is hardly digested, and yeeldeth little
nourishment, and the same not good, but melanco-
lick. Wherefore it followeth, that the bread ought
not to be too old, nor too new: and to avoid all the
aforesaid discommodities, I hold, that the bread
ought to be kept the space of 24. houres, or at least
one night, in some cold place after the baking, be-
fore

fore it be eaten, and also that it be not above two or three dayes old in the Summer, especially if it be made in the forme of manchet or smaller loaves; nor above foure or five dayes old in Winter; for by how much more it is dried and indurated, by so much the worse it nourisheth, and is of harder concoction.

Whether Bisket-bread yeeld to the body any profitable nourishment.

Bisket-bread is only profitable for the phlegmatick, and them that have crude and moist stomacks, and that desire to grow leane, because it is a very great drier; and therefore let such as are cholerick and melancholick beware how they use it. The like may be said of the crust of bread; for it is also very hardly digested, and breedeth choler adust, and melancholick humours. Wherefore let the utmost and harder part of the crust be chipped away, of which let such as are by nature cholerick and melancholick have speciall care. But it is good for the phlegmatick, and for such as have overmoist stomacks, and yet healthy, and desirous to grow leane, to eat crusts after meat, the very superficiall and burnt parts of them only chipped away, because they presse downe the meat, and strengthen the mouth of the stomack, by drying up the superfluous moisture of it.



Of the divers kinds of Drink.

SECT. III.

Whether it be wholesome for Northerne people, that inhabit cold countries, to drink Water at their meales, in stead of Beare?



Although Water be the most ancient drink, and to those that inhabit hot Countries profitable and familiar, by reason of the parching heat of the ambient Aire, which doth exceedingly heat, inflame, and dry their bodies; yet to such as inhabit cold Countries, and specially not accustomed thereunto, nor the constitution impensively hot, requiring and forcing the same, it is by the contrary, in no wise agreeable: for it doth very greatly deject their appetite, destroy the naturall heat, and overthrow the strength of the stomach, and consequently, confounding the concoction, is the cause of crudities, fluctuations, and windinesse in the body.

What in generall are the commodities of Wine?

MAny and singular are the commodities of Wine: for it is of it selfe, the most pleasant liquor of all other, and was made from the beginning

beginning to exhilarate the heart of man. It is a great increaser of the virall spirits, and a wonderfull restorer of all powers and actions of the body : it very greatly helpeth concoction , distribution, and nutrition, mightily strengtheneth the naturall heat, openeth obstructions, discusseth windinesse, taketh away sadnesse , and other hurts of melancholy , induceth boldnesse and pleasant behaviour , sharpeneth the wit, abundantly reviveth feeble spirits, excellently amendeth the coldnesse of old age, and correcteth the tetrick qualities which that age is subject unto ; and to speak all in a word , it maketh a man more couragious and lively both in mind and body. These are in generall the commodities of Wine , which are so to be understood , as that a meane and frugality be had in the use of it , not intemperancie and drunkennesse ; otherwise, what can be more hurtfull than Wine , seeing that the same immoderately taken , destroyeth the life and prosperous health ; disturbeth the reason , dulleth the understanding, confoundeth the memory , causeth the Lethargie, Palsie, trembling of the hands, and a generall weaknesse of the sinewes ? Wherefore let Wine be moderately used, that neither distillation, nor inflammation, nor exciccation, or drunkennesse follow ; for if it be taken beyond measure, it will not be a remedy & comfort for the strength, but rather a poyson and utter over-throw. But seeing that there are divers sorts of Wine, and the same not indifferently agreeable to every age and constitution, I will therefore (that every man may make choise of those Wines that are best agreeable for

The discommodities of VVine immoderately taken.

him) speake of the particular differences of them; according to their severall qualities, especially of such Wines, as with us are most usuall.

White-wine
and Rhenish-
wine.

White-wine and Renish-wine, doe least of all Wines heat and nourish the body, they consist of a thin and penetrating substance, wherefore they are quickly concocted, and very speedily distributed into all parts of the body, and therefore they lesse annoy the head, than any other Wine. They cut and attenuate grosse humors, provoke urine, and cleanse the blood by the reines. They moysten the body, and cause sleepe, mitigate the paines of the head, proceeding from a great heat of the stomach, but especially the Renish-wine. They are most accomodate for those that are young, for hot constitutions, for hot Countries, and for the hottimes of the yeere, and for those that would be leane and slender: They are lesse hurtfull for such as are fevorous, than other Wines are; but being well mixed with water, they are very profitable for all hot distemperatures. It is very expedient to drink White-wine, or Renish-wine in the morning fasting, and also a little before Dinner and Supper, with a Lemon * macerated therein, and the juice pressed forth, especially for them that have hot and dry stomachs, or are subject to obstructions of the stomach, of the mesaraick veines, of the liver, and of the reines: for it greatly refresheth a hot and dry stomach, stirreth up the appetite, cleanseth away the slimy superfluities of the stomach, mesaraick veines, and other obstructive matter in the passages, by way of urine. But it is very hurtfull to drink

White-

* A little Sugar may be also added thereto, as is hereafter shewed; but it is more medicinable, in regard of the penetrative faculty of it, if it be taken without Sugar.

White wine or Renish-wine with meat, or at the meales, or presently after meales; except for such as are affected with too much astringion of the stomack, because they deturbe the meats from the stomack, before they are concocted, and so cause them to passe crude and indigested, whereby it commeth to passe, that the whole body doth greatly abound with flatuous crudities.

White and Renish Wines are very pernicious for such as are Rheumatick, and subject to fluxion of humors into the joynts, or other parts of the body, and therefore let such very carefully eschew the use of them.

Claret-wine is very neere of a temperate nature, and somewhat of an astringent faculty, as the savour of it doth plainly shew: it breedeth good humors, greatly strengtheneth the stomack, quencheth thirst, stirreth up the appetite, helpeth the concoction, and exhilarateth the heart, it is most profitable for them that are of an hot constitution, for young men, and for them that have hot stomacks, which it doth excellently refresh. But it greatly offendeth them that are of a cold and moist constitution, that abound with crude humours, and that are subject to distillations from the braine; especially if it be taken immoderately, or not with meat: for it, being taken with excesse, or out of meale, is of all wines (in regard of the rheumatick nature of it) the most pernicious: and therefore let such as are subject to cold and rheumatick diseases, beware how they use it. But verily, it being moderately taken at meales, it is for temperate bodies, so as it be a pure and quick

VWhite and Rhenish-wines, whether good to be taken with meat, or after meales?

Claret-wine;

Wine, scarcely inferiour to any of the regall Wines of France: and for such as are inclined unto heat, so they are not much subject unto Rheumes, excelleth both them, and all other: for it notably rectifieth the stomack, and wonderfully comforteth the same, breedeth most healthfull bloud, and acceptable to the heart. It is of all wines the best for cholerick bodies, and the worst for phlegmatick. If such as are Rheumatick shall sometimes desire the use of this Wine, let them take fine Sugar with it, because it somewhat abateth the rheumatick nature thereof.

Sack.

Sack is compleatly hot in the third degree, and of thin parts, and therefore it doth vehemently and quickly heat the body: wherefore the much and untimely use of it, doth over-heat the liver, inflame the bloud, and exciccate the radicall humour in leane and dry bodies: wherefore to them that are young, and all such as are of an hot and dry temperature, it is greatly hurtfull. But if it be moderately taken of them, for whom it is agreeable, it maketh the stomack strong to digest, helpeth the distribution of the meats unto all parts of the body, concocteth crude humors, and consumeth the excrementall; and to speake all in a word, it mightily strengtheneth all the powers and faculties of the body. It is most accomodate for old men, for grosse men, for stomacks that are weak, and full of cold and crude humors, and for all that are of a cold constitution, and also for cold Countries, and for the cold and moyst seasons of the yeere. It is chiefly to be drunken after the eating of meats of grosse substance,

stance, and such as consist of an excrementall moisture, as Pork, Fresh-fish, &c.

Some affect to drink Sack with Sugar, and some without, and upon no other ground, as I think, but that, as it is best pleasing to their pallsats. I will speak what I deeme thereof, and I think I shall well satisfie such as are judicious. Sack taken by it selfe, is very hot, and very penetrative: being taken with Sugar, the heat is both somewhat allayed, and the penetrative quality thereof also retardated. Wherefore let this be the conclusion: Sack taken by it selfe, without any mixture of Sugar, is best for them that have cold stomacks, and subject to the obstructions of it, and of the mesaraick veines. But for them that are free from such obstructions, and feare lest that the drinking of Sack, by reason of the penetrative faculty of it, might distemper the liver, it is best to drink it with Sugar, and so I leave every man that understandeth his owne state of body, to be his own director herein. But what I have spoken of mixing Sugar with Sack, must be understood of Sherie Sack, for to mix Sugar with other Wines, that in a common appellation are called Sack, & are sweeter in taste, makes it unpleasant to the pallat, and fulsome to the stomach.

Malmsey is in operation very hot, and by reason that it is sweet, it nourisheth very much, and therefore the use of it is exceeding profitable for old, cold, weake, and decayed bodies: for it mightily cherisheth the naturall heat, and fortifieth all the powers of the body. It is convenient for all cold bodies; but for such as are hot, it is greatly hurtfull, because

Whether Sack
be best to be
taken with
Sugar, or
without?

Malmsey.

because it is very easily converted into red choler. It killeth wormes in children, by a certaine naturall and hidden property, if they drink it fasting.

Muskadell.

Muskadell is even in all respects equall to Malmsey, and therefore if that be wanting, this may well supply the turne: the use of it is good for old and cold bodies; but very hurtfull to such as are of an hot temperature.

Bastard.

Bastard is in vertue somewhat like to Muskadell, and may also in stead thereof be used: it is in goodnesse so much inferiour to Muskadell, as the same is to Malmsey: the use thereof is likewise hurtfull to young and hot bodies

Canary-vvine

Canarie-wine, which beareth the name of the Ilands from whence it is brought, is of some termed a Sack, with this adjunct *sweet*, but yet very improperly, for it differeth not onely from Sack, in sweetnesse and pleasantnesse of tast, but also in colour and consistence: for it is not so white in colour as Sack, nor so thin in substance; wherefore it is more nutritive than Sack, and lesse penetrative. It is best agreeable to cold constitutions, and for old bodies, so that they be not too impensively cholerick: for it is a wine that will quickly enflame, and therefore very hurtfull unto hot and cholerick bodies, especially if they be young.

Tent.

Tent is a grosse nutritive wine, and is very quickly concocted into bloud, but the same is oppilative, and therefore it is very hurtfull for such as are subject to obstructions. It is fit for them that are extenuated and weake, and stand in need of much nourishment, and the same somewhat astringive.

Greeke

Greek wine, which is of a blackish red colour, is of a very temperate nature, hotter than Claret, and sweeter, yet with some pleasing sharpnesse adjoyning, it breedeth very good bloud, reviveth the spirits, comforteth the stomack and liver, and exceedingly cheereth and strengtheneth the heart. For aged people, and all such as are naturally of a weak state of body, it is most profitable.

Greek wine.

Wine of Orleance is stronger than any other French wine, and very pleasant withall in taste: it is for goodnesse scarcely, or not all, inferiour to Muscadell: It is hurtfull to the cholerick, and all such as have hot livers and weak braines, for it doth quickly over-heat the liver, and assault the head. But for other bodies, especially if they encline to a cold constitution, and for cold and weak stomacks, there is not a better wine, if there be so good. For it doth not only comfort the stomack, help the concoction, and vivifie the spirits, by reason of a generous heat in it, but also furthereth the distribution of the meats, and consequently a good nutrition through the mediocrity of its substance. It is very hurtfull to them that are young, and that are of an hot and cholerick temperature; but to the aged and phlegmatick very profitable.

VVine of Orleance.

There are also other French Wines (would to God they were so common as Claret) which for pleasantnesse of tast, mediocrity of colour, substance and strength, doe for most bodies, for ordinary use with meats, far excell other wines: such as are chiefly *Vin de Couffy*, and *d'Hai*, which to the Kings and Peeres of France, are in very familiar use. They

Vinde Couffy,
and *d'Hai*,
Regall wine.

F

notably

notably comfort the stomack, help the concoction and distribution of the meats, and offend not the head with vaporous fumes. They are Regall Wines indeed, and very convenient for every season, age, and constitution, so they might be had.

Red wine.

Red wine is of an austere sharp taste, of an astringent faculty, and therefore only good for Physick uses, to stop cholerick vomitings, and fluxes of the belly. There are also other sorts of wines, altering according to the divers nature of the vine, soyle, and Ayre, whose differences may by their colour, taste, and consistence, easily be discerned. And here I would have you generally to observe in the use of wines, that those wines which are more milde, temperate, and least assaulting the head, are more wholesome for the body: and those more hurtfull, that art strong, acute and vaporous, especially if there be not a meane in the use of them, and a respect also of the age, complexion, and time of the yeere.

Wines differ in goodnesse according to their age.

Moreover, it is to be understood, that wines differ very much, according to their age: for wines that are new, are unwholsome, and the more new, the more unwholsome: for they have in them little heat, and consist of a grosse and excrementall substance: wherefore they doe not help, but much hinder the concoction and distribution, cause fluctuations in the body, and cholick-torments, and abundantly breed obstructions of the liver, milke, & reines. But their superfluous and excrementall moisture is, in proceffe of time, concocted and overcome of the heat, and then they become more hot, more pure, and much more wholsome.

And

And here it is to be observed, that all wines have not the same time of continuance ; for there are some, which by reason of the weaknesse of their heat, cannot long be kept, as White-wine, Rhenish-wine, and Claret ; for these, and such like, doe in six or seven moneths, or within, according to the smallnesse of them, attaine unto the height of their goodnesse, and after a yeere, doe begin to decline, and lose much of their goodnesse, especially the smaller sort of them. But the stronger sorts of wines, as Sack, Muskadell, Malmsey, &c. are best, when they are two or three yeeres old : for these, by reason of their strong heat, doe a long time reserve their perfect vigour. And as these wines, being too new, are unwholsome, so be they also, if they be too old, as when they have passed foure or five yeeres, because they heat beyond measure ; for the older they grow, the more heat they acquire, and in processe of time the siccity of them is correspondent to their heat. Wherefore such wines are rather meerely to be reputed among medicaments, than aliments, because they have a farre greater faculty of altering the body unto heat and siccity, than they have of nourishing. The use of them, especially if it be often, is hurtfull to the sinewes, and an enemie to procreation, because they dry up the geniture, perturb the understanding, and by reason of their tart and vehement fumes, affect the membranes of the braine with a cruell pungitive paine. They are only, in the way of physick, good for weak and moist bodies, that are decayed of their naturall heat. Wherefore Wines that are over-old, or too

VVhy all
vvines have
not the same
time of con-
tinuance,

VVines too
old are very
hurtfull.

new, are to be eschewed; for those doe too much heat, and these doe little or nothing at all, so long as they be new, and are so farre away from helping the concoction, as that even themselves are with difficulty digested, and fill the body with wind and crudities. It remaineth therefore, that neither the wine which is too new, nor that which is too old, but that which is a meane betweene both, to be the most wholesome.

Whether all
new vines do
breed obstru-
ctions,

But whereas it hath been said before, that new wines breed obstructions, it is not so generally to be taken, as that all new wines doe breed obstructions; but that is to be understood of the most of sweeter wines, which have in them no mixture of nitrous or biting lees, for such verily doe breed grosse, flatuous, and obstructive humors. But those wines, of which sort are White and Rhenish-wines that have in them a mixture of nitrous lees, are so farre off from breeding obstructions, as that nothing can be more contrary to their nature, because they provoke urine, and strongly move to stoole, which they performe especially through the acrimony of the lees, and also through the abundance of wind, which they breed. Wherefore those new wines alone are drunk without hurt, or with least, which consist of a thinne substance with nitrous lees, of which sort, as I have said, are White and Rhenish wines, and these by reason of their quality of cooling, moistning, and of moving the belly, may be good for young men that have hot stomacks, and such as are cholerick by constitution; but are very hurtfull for old men, and such as are phlegmatick,

What new
wines not per-
fectly depu-
rated, may
without hurt
be drunken,
and of what
bodies.

so

So long as they are new and not perfectly purged from their dregs. Very well therefore said *Galen*, that Must or new wine hath no other use, but to move the belly, which faculty if it want, it is extremely ill and hurtfull to the body.

*How many precepts ought there to be observed
in the exhibiting of pure wine, in
respect of the age?*

FIve : The first is, that it be not given unto children, for this will be as if you should adde fire unto fire : For they being of hot and moist temperature, would thereby become over-hot, and their heads also filled with vapors, wherof ensue many evils, and sometimes the falling sicknesse. The second is, that it be not given to Youths, as from 14 yeers of age unto 25, for wine is unto them most repugnant; because it doth above measure heat their hastie, hot, and agitating nature, and extimulate them (like mad men) unto enormous and ourragious actions. The third is, that it be very moderately given, and that not too often unto young men, as from 25 yeers of age unto 35, and that it be also of the smaller sorts of wines, as Claret, &c. especially if they are of hot constitution : for otherwise it will make them prone unto wrath and unlawfull desires, dull the wit, and confound the memorie. The fourth is, that it be more liberally given unto them that are in their manhood and constant age, as from 35 yeers unto 50, and let such, when they are past forty yeers of age, begin to make much of the use of wine;

F. 3. and

and yet if they be of hot constitutions, let them abstaine from the stronger sorts of wines, especially from the often use of them, because they will be offensive unto the head and sinewes. The fift is, that it be given with a liberall hand unto old men, and that also of the stronger sorts of wines, especially when they are in the later part of old age, as from 60. yeeres upward unto the end of their life. For unto old men there come foure excellent commodities, by the use of pure wine. The first and greatest commodity, seeing that they are cold, and for the most part almost without good alimentall bloud, is, because it greatly correcteth the coldnesse of their age, and bringeth them unto a better temperature of heat, with increase of bloud. The second, because it expelleth sadnesse and melancholy, whereunto that age is most subject. The third is, because it maketh them to sleepe well, which by reason of the ficcidity of the braine, and paucity of vapours, many old men oftentimes want. The fourth and last commodity is, because it removeth obstructions, whereunto they are very subject. To conclude, as pure wine is most unmeet and hurtfull for children, and such as are young: so for old men it is most convenient and wholsome.

Whether the use of Wine mixed with water, be fit for all times, and profitable for all bodies?

IT hath beene a very ancient and profitable custome to mixe wine with water in the hot seasons of the yeere; for the wine by reason of the subtilty

Foure principall commodities come unto the aged by the use of pure wine.

ty of it, doth facilitate the penetration of the water, and carrieth the same, which otherwise is of an obtuse operation, unto all the parts, at what time as they shall need to be cooled and moistned. And from hence it is, that wine much alayed with water, doth better quench thirst than water alone. But it is not profitable for all times; for in the winter (by reason of the cold and moist constitution of that season) pure wine is rather to be used. Neither is it convenient for all bodies; for to old men, to the phlegmatick, and such as are of a cold temperature, or have weake stomacks, the use thereof is hurtfull, as may be gathered by that which I have before spoken of the use of water.

But wine diluted is good for young men, for such as are cholerick, and are of an hot constitution, for hot Countries, and the hot seasons of the yeere, especially in the Summer; for then by reason of the parching heat, wine alayed, that is to say, thin, small, waterish, and in no wise strong, is to be drunken. By all which, it is apparant, that foure things are to be considered in the use of the wine mixed with water: the Country, the time of the yeere, the temperature of body, and the age: for it is more or lesse to be alayed, according as the Country, the season of the yeere, the age, and temperature of the body shall be hotter or colder. Whereunto you may also adde, that the nature of the wine is also to be respected, because it is more or lesse to be diluted, according to the efficacy and strength of it. But that the unlearned may not be deceived in the manner of mixing wine with water, I will set downe some particular

VVine alayed
with water,
for whom
profitable.

Foure things
to be considered
in the use
of vvines diluted.

The maner of
mixing wine
with water for
every tempe-
rature of body.

particular formes thereof, which I would have to be understood of the smaller wines, of which sort are the White, the Rhenish, and the Claret, because they more availe for quenching the thirst, and cooling of the body. For bodies therefore of an hot and dry temperature in cold Countries, and in the Summer season, let three parts of water be mingled with one of wine; or if the time be very hot, and the thirst molestious, and the body also youthfull, and strong, foure parts of water may be mingled with one of wine. But for such hot and dry bodies in hot Countries, and in the hot seasons of the yeere, the wine is so to be diluted, that onely a very little smack of the wine be perceived. For such a mixture taketh away the hurts of the water, and sufficiently helpeth the distribution of it into the body, for quenching the thirst, and moistening the dried parts. But verily for them that inhabit cold Countries, and are of a meane temperature, it is best in the Summer-season to mingle an equall portion of water and wine; or if the time be very hot, and the age youthfull and strong, they may take two parts of water to one of wine: for that which is over-much alayed or mixed with water, except it be for necessities sake, as in a feverous distemperature, is to Northerne people hurtfull, because it doth too much diminish their naturall heat, hinder the digestion, and breed inflamations, and chollick torments. Wherefore wine not much, but meanly diluted, is to our Country-men, for the most part, in time of health and heat agreeable, because it doth best temper their humors, penetrate and coole the

parts

parts of the body, and assist the naturall heat, against the ambient heat of the aire: I say, in time of health, because the bowels burning with a feverous distemperature, it is lawfull, yea, very expedient, to mingle 6, 7, or 8. parts of water with one of wine, especially if the bodie shall be youthfull, and of an hot temperature, that the vehement heat, which otherwise will quickly subvert the state of the bodie, may it be extinguished. But for them that are cold by temperature, or well stricken in yeers, pure wine is in time of health more convenient, as I have before shewed. And in any feverous distemperature, they may not in the mingling together of water and wine, to alay their thirst, take above foure, or at the most, five parts of water to one of wine, lest that the hurts which water is likely to bring to such bodies, should be greater than the commodity of cooling and quenching the thirst, as may be gathered by that which I have afore declared of the use of water. And here understand, that wines of a thick consistence are not to be diluted, because they are fulsome to the stomack, and by reason of the subtiltie of the water, become more vaporous, and offensive to the head. Now by that which hath been said of wines, it may easily be collected, that it is convenient for temperate bodies, and chiefly for old men, for the phlegmatick and such as are of a cold temperature, and for the cold seasons of the yeere. But to young men, that have hot constitutions, and above all others to the cholerick, in whom the liver is over-hot, and in the hot seasons of the yeere, it is verie hurtfull, especially if it be strong. And it is

Why wines of a grosse substance ought not to be diluted.

also hurtfull to them that have weake braines, and feeble sinewes; and therefore all such must either forbear wine, or use it very moderately, and well tempered with water in hot seasons.

*Whether it be expedient for health, to be drunk with
Wine once or twice a moneth.*

O How impudently would our drunken Potifuges vaunt themselves, if for the health of the body, I should approve the custome of being drunk once or twice in a moneth ! Verily, it hath beene written and affirmed by some of the ancient Physicians, and approved as a thing wholesome: because drunkenness observed in manner aforesaid (for often drunkenness they did condemne) doth (as they say) by inducing sleep, alleviate and make quiet the animall powers, provoke vomiting, urine, and sweat : whereby it commeth to passe, that the weake and troubled spirits, through immoderate cares and perturbations, are revived and pacified, and the evill humours not onely ejected from the stomack, but also expelled from all parts of the body. But this their assertion, as it is most ungodly, so it is unto the health of the body most pernicious : for drunkenness spoyleth the stomack, maketh the blood waterish, hurteth the braine, dulleth the senses, destroyeth the understanding, debilitateth the sinewes, and subverteth the powers of all the body. Wherefore seeing that all drunkenness is evill, and hurtfull to the true health of the body, and that the disease is pernicious, which doth chiefly distemper the

the place of understanding; they erred very grossely, that thought drunkennesse profitable once or twice a moneth. Neither are their reasons of such validity, as that they should perswade any to a custome no lesse hurtfull to the mind, than to the bodie. For the animall powers defatigated, or otherwise disturbed, may be holpen with a safer, better, and a more godly remedie, than by an unquiet and turbulent sleep, caused by meanes of drunkennesse: for Drunkards verily doe not enjoy sweet and quiet sleep, whereby the animall powers are truly refreshed. In like manner, to procure vomiting, urine, and sweat, by meanes of drunkennesse, as it is wicked, so it is also beastly. Moreover, by a remedie of this kind, the hurt is farre greater than the help; for drunkennesse, besides that it doth extinguish the light of the understanding, causeth the Apoplexie, and such other like diseases of the braine, and oftentimes a sudden suffocation. In a word, it doth by much more hurt all the parts and faculties of the body, than any way help by evacuation of superfluities, as the barbarous Authors pretend for their assertion: for infinite are the hurts that drunkennesse bringeth unto mans body. Well therefore was *Androcides* wont to say unto *Alexander*, being about to drink wine, that he might beware of excesse, *O Rex, memor sis te terræ sanguinem bibere*. But heere I will not deny, but that it may be very lawfull and expedient, for them that are wont to be wearied with great cares and labours, to drink sometimes untill they bee merry and pleasant; but not drunken: for in observing such a rule, the aforesaid crapulentall

To drinke ad hilaritatem, whether lawfull and profitable.

hurts are not induced, but the spirits and the whole body are thereby so recreated, refreshed, and renewed, as that the next day, they doe more ingenuously undertake, and more readily execute their accustomed busineses.

Whether Beere be more wholesome than Ale.

BEere that is too bitter of the hop (as many to save Mault are wont to make it) is of a fuming nature, and therefore it engendreth rheumes and distillations, hurteth the sinewes, offendeth the sight, and causeth the head-ach, by filling the ventricles of the braine with troublesome vapors: whereof not onely the internall, but also the externall senses, are very much disturbed and hurted: and therefore such Beere is worse than Ale, notwithstanding the obstructive faculty of it. But if Beere be not made too bitter, but that it have in the making of it a proportionable quantity of hops, and that it be not drunke before the bitter force of the hop be thoroughly spent and consumed, it is far more wholesome than Ale: because the manifold force and efficacy of hops, do manifestly declare the wholesomenesse and excellency of Beere; for hops doe not onely remove obstructions of the liver, spleene, and kidneyes, and clenseth the bloud from all corrupt humours, causing the same to come forth with the urine, which it provoketh; but also, maketh the body soluble, by excreting forth of yellow cholerick humors. Wherefore seeing that hops doe as well make Beere a kinde of medicinable drinke,

to preserve the powers and faculties of the body, and to purge and cleanse the bloud, as a common and daily drink to extinguish thirst; I may very well conclude, that it is much better and wholesomer than Ale, especially for such as be cholerick, and have hot stomachs, and that are subject to obstructions of the milt, liver, and kidneyes. But Ale is in the Winter season in greatest use, because it cooler h lesse than Beere, as most men think; but it doth not by any other reason lesse coole, (there being an equall proportion of Malt in them both) but because it hath not such a penetrative power as Beere hath: I know that many are of opinion, that Beere (in regard of the hot and dry quality of the Hop) is in operation hotter than Ale: but by their leave, if the Beere be kept untouched, till the bitterneffe thereof be worne out, I suppose it to be in operation colder than Ale, both in regard of the penetrative faculty of it; as also because it expelleth choler both by stoole and urine. Ale by reason of the grossenesse of the substance of it, breedeth grosse humours, and in that respect it is more nourishing than Beere, and therefore more profitable for loose and extenuated bodies, and such as desire to grow fat; but by reason of the obstructive nature thereof, it is very hurtfull to the phlegmatick, to such as are grosse, and full of humours. Now by that which hath been said, it may easily be discerned, whether Beere more causeth rheumes, and distillations, than Ale? Many are of opinion that it doth; which is true, if it be made too bitter of the Hop, or drunk while the birterneffe remaineth: for the more bitter it be drunken, the

For vvhom
Beere is better
than Ale.

VVhether
Beere be col-
der in operati-
on than Ale.

VVhether
Beere breeds
rheumes more
than Ale.

more it filleth and stuffeth the head, and hurteth the same. But if it be kept till the bitternesse be consumed, it is so farre away from breeding of rheumes, as that it is rather good to prevent them by removing obstructions, the principall cause of rheumes and distillations.

Whether it
be wholesome
to drink the
Beere a little
warmed, espe-
cially in the
Winter?

Here some may demand, Whether it be better to drink their Beere cold, or a litle warmed, especially in the Winter season? Whereto I answer, that I see no good reason to approve the drinking thereof warme, as I know some to do, not only in the Winter, but almost all the yeere: for it is nauceous and fulsome to the stomack; and therefore it cannot but dull the appetite, and rather hurt, than further the concoction. Moreover, it doth not so well quench the thirst, temper the naturall heat, and coole the inward parts, as if it be taken cold. But here I doe not gaine-say the abating of the immoderate cold that is in Beere in extreme cold seasons, by heating it a little before the fire; but to heat it till it be warme, and so to drink it, is nauceous and hurtfull: if to be allowed to any, it is to cold aged bodies, and to such as are of a melancholy phlegmatick temperature, and that have weak sinewes. And for such as are subject to the gowt and wind-chollick, or that are troubled with hoarcenesse and diseases of the throat and lungs, it is very good to take their drink a little warmed. But to all other it is hurtfull, and most of all to them, in whose constitutions choler is any way predominant.

*How many properties ought there to be in the
best and wholsomeſt Beere?*

Six : The firſt is, that it be not ſowre, or of any other unpleaſant ſavour, for ſuch is hurtfull to the ſtomack. The ſecond is, that it be cleare and thin; for that which is not cleare and well de-fecated, abundantly increaſeth groſſe, flatuous, and pituitous humours, and ſo conſequently impingua-teth the body, to the utter ſubverſion of it: for it obſtructeth the bowels, cauſeth the ſtone and ſtran-gurie, by filling the paſſages of the urine with groſſe, fæculent, and ſlimy humours, breedeth winde, and maketh the breath ſhort and painefull. The third is, that it be very well boyled: for that which is not well boyled, is fulſome to the ſtomack, and puffeth up the body with windy humours. The fourth is, that it be old, and purged from his dregges; for ſuch is of a penetrating nature, of good juice, not windy, but acceptable to the ſtomack, both for concoction and diſtribution. But that which is new, cauſeth the ſame hurts, which the groſſe and not well concocted doth. And verily this property is in Beere much to be regarded; for if it be not drunk, till the bitter-neſſe of the Hop be well conſumed, it doth nothing leſſe than offend the braine and ſinewes with vapo-rous fumes; but it doth the better penetrate and quench the thirſt: and therefore ſtale Beere is chiefly to be deſired in the Summer, and it is a drink (beleeve me) for all conſtitutions, but eſpecially for the cholerick and melancholick moſt wholſome.

Stale Beere
moſt vhol-
ſome in the
Summer ſea-
ſon.

But

But here by the way it is to be considered, that as Beere very new is unwholsome, so is that also which is too old, as when it is growne sowre and tart, for it very much hurteth the stomack, the liver, and the braine. Therefore they greatly erre, that keepe Beere till it be two, three, or foure yeeres old: for it is most hurtfull to the body, and pernicious to the understanding. But Beere of a middle-age, as from one or two moneths old, unto five or six, according to the strength of it, is the best and wholsomest. And if in that space, it shall only chance to acquire somewhat a sowre smack, it is not therefore of all men to be refused: for unto cholerick bodies, because it represseth the acrimony of choler, and also to all them (by reason of the penetrating force which it obtaineth) that are subject to the obstructions of the stomack, mesaraick veines, spleene, liver, lungs and reines, it is most profitable. And if such as have the stone, or are subject to the obstructions of the reines, doe daily use such Beere, it will be impossible (so that they erre not in other things) that they should ever be vexed with the stone, or any other great and painefull obstruction of the reines. The fifth is, that it be of an indifferent strength, not too strong, nor too small, because each excesse is hurtfull. For that Beere which is of a middle strength, doth heat that state of body which is over-cold, refrigerateth that which is too hot, and preserveth the temperate. But that which is stronger than a meane, is more meet for cold and moist bodies, especially in the cold seasons of the yeere: and that which is weaker, for hot and dry bodies, especially

cially in the Spring and Summer: for such bodies require much cooling and moystening, which small Beere, because that it little differeth from the nature of water, doth best effect; but it is rheumatick, & impensively hurtfull to cold constitutions: For you must understand, that Beere, by how much the stronger it is, by so much the neerer it commeth unto the nature of Wine; and by how much the smaller, by so much the neerer it approacheth unto the nature of Water. Wherefore seeing that there is great difference to be found in Beere, according to the strength and smalnesse of it, it becommeth every man to have speciall respect of his owne state and temper of body, that thereby he may use of that which shall be best agreeing unto his nature. And heere I advise all such as respect their owne good, that they drink not Beere that is very strong, but in stead of Wine: (for if it be stale, well depurated from dregs, and thorowly boyled, it is in operation most like unto Wine) because the often use of it, is very greatly hurtfull to the integrity both of mind and body. And here I admonish our common Ale-pot-drunkards, that it is worse to be drunke with Ale or Beere, than with wine; for the drunkennesse endureth longer, to the utter ruine of the braine and understanding, by reason that the fumes and vapors of the Ale or Beere that ascend to the head, are more grosse, & therefore cannot be so soone resolved, as those that rise up of wine: and by the same reason I conclude, that it is worst of all to be drunk of Ale. The sixt and last property is, that the Malt whereof the Beere is made, be of full pure Corn, as of Barly or

Drunkennesse
with Ale or
Beere worse
than with
VVine.

Whether
Beere made
only of Barley
Malt, be better
and wholsome
mer than that
which is made
of Barley and
Oaten Malt
mingled together?
A fourefold
end of the use
of drinke.

Oates, for then the drinke made thereof, must needs be the better. And here it may be demanded, Whether Beere made only of Barley Malt, be better and wholsomer, than that which is made of Barley and Oaten Malt in equall portions mixed together, or of two or three parts of Barley Malt with one of Oaten? To which I answer, that whereas the end of the use of drinke is fourefold: 1. To quench the thirst: 2. To temper the naturall heat. 3. To moisten the inward parts: 4. To helpe the concoction and distribution of the meates, that Beere made of Barley and Oaten Malt mixed together, doth more effectually accomplish the first three, without any manner of hindrance unto the fourth, and is also of a more lively taste, if it be kept untouched, till that it hath got a sufficient staleness: whereupon I may well affirme, that Beere made of Barley and Oaten Malt mingled together, is better than that which is made of Barley Malt alone, especially in the hot seasons of the yeere: and verily for hot and dry bodies, it is at all times much more convenient, because it receiveth a singular cooling quality from the Oate.

*Whether Cyder and Perry are for common use
wholesome and profitable drinckes.*

CYder and Perry are usuall drinckes where fruits doe abound: they are cold in operation, and better or worse, according to the fruits wherof they are made. In respect of the coldnesse of them, they are good for such as have hot stomacks, or hot livers,

livers, and by reason of a very pleasing sharpe taste which they have, if they be drunke after they are foure or five moneths old, they are of a notable penetrating faculty, and doe greatly helpe the weaknesse of the stomack, and distemperature of it, proceeding of a hot cause: for they excite the appetite, temper the driness of the humors and inward parts, assuage the thirst, and very greatly repress the ebullition of choler. Moreover by reason of their penetrable power, they provoke urine, and open the obstructions of the stomack, mesaraick veines, milt, liver, and reines. They are wholsome for hot and dry bodies, namely, for the cholerick, but especially the atrabilarick. Yet they are not good to be used as common drinke, with meats, except of them that have very dry stomacks, and subject to too much astringtion of the same, because they cause the meats too speedily to descend from the stomack; and besides that, the much and often use of them is very hurtfull to the liver, which by over-cooling, it doth so enfeeble and dispoliate of its sanguifying faculty, that the colour of the face becommeth pale and riv'led, and the skin oftentimes polluted with a white spotty deformity, through an ill habit of the parts, acquired by the too often use of them. Moreover, the much and often use of these drinckes doth exceedingly weaken the braine and reines, whereupon rheumes and seminall fluxions, aches of the joynts, weaknesse of the limmes and back, doe very quickly ensue. They are best to be taken for whom they are agreeable, in an empty stomack, as mornings fasting, and about an houre or two before

Cydar and
Perry very
hurtfull unto
cold bodies,
and such as are
troubled with
the wind col-
lick.

meale, for then they better remove the obstructions, and attemper the driness of the parts. Only those that are *atrabilarij*, which abound with choler adust, because their stomacks are very dry, wherfrom, for the most part, the meats doe very slowly, and that not without some difficulty descend, may very profitably drinke a draught or two thereof at their meales. But let the phlegmatick, and such as are of cold constitutions, or subject unto the windie collick, altogether eschew the use of these drinks, because they abundantly opplete their bodies with waterish, crude, and windy humors, with a sudden labefaction of the liver. They are meliorated, by putting to them Sugar, Nutmeg, and especially Ginger, which chiefly correcteth their crude and windy quality. Of these two sorts of drinks, *ceteris paribus*, Perry for pleasantnesse and goodnesse hath the precedency, which in taste is like unto a small Rhenish-wine, from which it differeth but little in operation. But you must understand that these drinks, while they be new, are very hurtfull, because they consist of much excrementall moysture, which abundantly filleth the body with crude and flatuous humors. But after that the excrementall superfluity of them, by proceffe of time is concocted and absumed, which in foure or five moneths will very well come to passe, the use of them, as I have shewed, may be very profitable to coole, to moysten, and to open obstructions.

Whether

Whether Metheglin and Meath are wholesome for every age and constitution of body.

Metheglin is a very strong kinde of drink, made of three or foure parts of Water, and one of Hony, boyled together, and scummed very cleane, and if Rosemary, Hyssop, Time, Maiden-haire, Organic, and Sage, be first well boyled in the water, whereof you make the Metheglin, it will be the better. And afterwards, when you boyle the same water with Hony, if you also boyle in it a quantity of Ginger, three or foure wambles about, after that it is cleane scummed, or else hang the Ginger sliced thin in a linnen bag, by a thred, in the barrell, wherein you put the Metheglin, it will be much the better, and a drink exceeding wholesome in the Winter-season, especially for old folks, and such as be phlegmatick, and have feeble sinewes, cold stomacks, and troubled with the cough. For besides the singular faculty that it hath, of heating the body, it hath also a very speciall absterforie property, for the removing of fleame residing and sticking in the stomach, braine, and finewy parts: it is best in the mornings fasting. But it is not good for such as are hot by constitution, nor in the hot seasons of the yeere, because it overmuch heateth the body, and is very quickly turned into red choler, and therefore let such as are chole-
rick, beware how they use it. If in their old age, cold fleame shall somewhat abound in their stomacks and lungs, then sometimes mornings fasting, a small

* As to every
tenne gallons
of vwater, an
ounce of Gin-
ger sliced.

draught thereof may be profitable for them. It must not be drunk while it is new, for then, because it is not fined from the dregs, nor the crudities thereof digested, it is very windy and troublesome to the belly. But after that it hath well purged it selfe, and settled in the vessell three or foure moneths, and made as afore described, there is not for very cold, old and phlegmatick bodies, especially in the cold seasons of the yeere, a better drink, as by the properties thereof above shewed, may be collected.

Meath.

* According to the strength you desire to have it; or as the temperature of the body shall require.

Meath or Mead, is like to Metheglin, the chiefest difference is, that it is not so hot in operation; for Meath is made of one part of Hony, and six times so much of pure water, or more,* and boyled till no scumme doth remaine. This is a drink of excellent operation, very profitable to all bodies, from the beginning of Aprill, to the beginning or middle of September, for the preserving of health, to be taken in an empty stomack: for it clenseth the brest and lungs, causeth an easie expectoration, provoketh and procureth urine abundantly, and maketh the belly soluble. If Hyssop, Time, Maiden-haire, Organic, Pellitory of the wall, Parsley-roots and Fennell-roots be first well boyled in the water, whereof you make the Meath, and Ginger also boyled, or hanged in the barrell, as I have afore shewed, in the making of Metheglin, it will be of a more effectuall operation, for the purposes afore-said, and a drink, beleeeve me, beyond all other, profitable for them that are subject to the obstructions of the brest, and reines of the back. But it must not be drunken, untill the crudities thereof be concocted, and the dregs settled

setled in the bottome, which in a moneth will be well effected.

Thus much concerning the sorts of drinks, which are in common use among us: there are also sundry other sorts made for our necessities, as *Aqua vitæ*, *Rosa solis*, Cynamon-water, Hypocras, &c. of all which, because they are to be used as medicines, I will not speake particularly: only of the first of them, because that upon any necessity it is in greatest use and request among us, I will for the use of such, who now and than need such a comfortable drink, briefly intreat.

*Whether Aqua vitæ be good and agreeable
for all bodies.*

A*qua vitæ* hath his denomination, in that it recovereth and maintaineth life: The common manner of making it, is to distill it out of the lees of Wine, or of the lees of strong Ale and Wine together, by adding thereto Lycorice, Annis-seeds, and graines; but this common vendible *Aqua vitæ*, both in regard of the grosse substances from whence it ariseth, as also of the rude manner of preparing and distilling it, may more rightly be named *Aqua mortis*, the Water of death; for it causeth more hurt, than commodity to them that use it: wherefore I will here describe an easie manner for the making of *Aqua vitæ*, yet very effectually for them that need such a comfortable drink.

Take of the tops of Rosemary, of Sage, of Mirjam, of Organic, of Time, of Wormewood, of Spere-mints,

mints, of Balme, of each one handfull, of Ginger scraped cleane one ounce, of Nutmegs & Cynamon of each halfe an ounce, of Cloves, Mace, Pepper, and Graines, of each a quarter of an ounce, of Galingale roots sliced one ounce, of Raisins of the Sun cut thorow the middle one pound, of Fennell-seeds and Annis-seeds of each two ounces, of Lyquorice scraped cleane, and cut into thinne slices, halfe a pound: bruise the Spices and Seeds a little, and break the hearbs betweene your hands, then put all together into a gallon or two of Sack, or such like strong Wine, and so let them infuse in a Lymbeck-pot close stopped, foure and twenty houres upon hot embers, and the next morning distill them with a very temperate fire, and take especiall care, that the head of your Lymbeck be kept cold continually with fresh water, and that the bottome thereof be fast luted, that none of the vapours breath forth. Out of this liquor, you may draw a quart of excellent *Aqua vite*. And if then to the feces in the pot, you will adde a gallon of strong Ale, or lees of wine, or of them both, with halfe a pound of Liquorice, foure ounces of Annis-seeds, and an ounce of Graines, and distill it againe, you shall draw an *Aqua vite*, good for your families, and poore neighbours in their necessities.

Now to the question I answer, that for the most part there is not any Water in use, which can better fortifie life, and hinder the comming on of old age, than the afore-said *Aqua vite*: for it very greatly comforteth a weake stomack, expelleth winde, putteth off all melancholick passions, preserveth the humors

humors from corruption, and excellently prevaieth against swoounding; for by reason of a notable penetrable power that it hath, it quickly goeth unto the heart, and wonderfully raiseth up faint and feeble spirits. But the use thereof is not alike wholesome, and good for all bodies; for unto them that are lean, and of a dry nature, and in the Summer, it is very pernicious because it dryeth up, and (as it were) scorseth their inward parts, especially the liver, and destroyeth the naturall moisture: But to old men, to grosse and moist bodies, it is very profitable: for it fortifieth their stomacks, concocteth excrementall humors, discusseth wind, and defendeth them from the Lethargie, Apoplexy, and other cold diseases, unto which, by reason of their moist habit of body, they are very subject. Wherefore the moderate use thereof is to be permitted unto cold and phlegmatick bodies, especially in cold and moist seasons, to wit, upon the taking of much meat, or when the stomach shall be vexed and distended with wind, the quantity of a spoonfull or two at a time, well sweetned with Sugar, that it may the lesse affect the brain and nostrils, or cause any hurt to the liver, through its fervent and penetrating heat. If it be taken with an equall portion of Worm-wood water, as a spoonfull or two of the one, and so of the other, with Sugar also in it, it exceedingly comforteth the stomach, helpeth the concoction, and discusseth wind, without causing any manner of hurt to the liver: and being taken in this manner after a great meale, or whensoever the stomach shall be ill-affected, by reason of windinesse or otherwise, it is not

*Aqua Vine very
hurtfull unto
dry bodies.*

onely good for the phlegmatick, and such as are cold by constitution, but agreeable also and wholesome for all other bodies. But if such as are impensively hot and dry in their state of bodie, stand in need of the help thereof in the like cases, I advise them to take two or three parts of Wormewood water, and one of *Aqua vite*, mingled with Sugar, and so they may securely and profitably use it.



Of the flesh of Beasts and Fowles.

SECT. IIII.

Whether all Beasts and Fowles, are for goodnesse of meat, more wholesome being young, than when they are grown unto fuller age.

BEfore I answer to the question, you must understand, that we make foure differences in the age of beasts, that is to say, the time of sucking, of youth, of middle age, of old age.

Now to the Question, I answer negatively: for those beasts or fowles, that have by nature moyst flesh, are for goodnesse of meat more wholesome when they are growne to fuller age, than when they are sucking, or very young, because that then they are over moist, and of excrementall, slimy, and phlegmatick juyce, which as they increase in age, is
much

much wasted and dried away : wherefore Hoggrels, and young Weathers , are for goodnesse of meat, better and more wholsome, than sucking Lambes : and it is the like also of Pork; notwithstanding, that roasting Pigs are of most men greatly desired, and for some certaine bodies very profitable. For verily, these kinds of beasts, that are naturally moyst, are, when they are young, wholsome enough, yea, very profitable in the Summe-season, for cholerick and dry bodies, because they yeeld a moyst nourishment, which doth well temper and amend the dry temperature, or rather, the untemperate drinesse of such bodies. To all other bodies, especially such as are cold and moyst, they are exceeding hurtfull, because a very moyst kind of food, doth in them increase a very moist distemperature, and quickly maketh the same altogether sickly. But those Beasts or Fowles, whose flesh is naturally dry, are best when they are young and sucking, for then their drinesse is attempered with the moysture of their youngnesse. And by how much the younger they are, by so much the moysture they are, and consequently of easier concoction, and also of better juice, after that they have once attained unto perfection of flesh. Wherefore Kids and Calves are, for goodnesse of meat, better than Goats and Oxen; and the like is also to be said of Pigeons, Fawnes, &c. And those verily, that are of a meane temper and consistence of flesh, are for good nourishment the best, and not onely in their young, but also in their full and middle age, very wholsome and agreeable for all bodies. Such are Capons, Turkies, Pheasants &c.

But generally, all Beasts and Birds, that are of the fourth age before mentioned, whether they be naturally dry or moist, are naught and unwholsome: for they are tough, of a very hard concoction, and breed an evill and melancholick juyce; yet they are good enough for robustious and rustick bodies.

Whether flesh that is corned and seasoned with salt, be wholsomer than that which is unsalted?

I Answer, that flesh which is poudred, or seasoned with salt for the space of one, two, three, foure, or five daies, according as the nature of the flesh, the complexion of the eater, and the time of the yeere shall require, is farre more wholsome than that which is fresh and unsalted: because, the salt doth purifie the flesh, and make it the more savory, by drying up and consuming the watry and excrementall moisture of it. And this is not to be understood of all sorts of flesh, but of the grosser kinds, as of Beefe, Pork, &c. for such are wont, and only ought to be sprinkled, seasoned, and conserved with salt. And I have, not without good reason, before limited the time for seasoning of flesh with salt, according as the nature of the flesh, the complexion of the eater, and the time of yeer shall require, because the flesh which is very grosse and moist, requireth a longer salting, that the superfluous moisture therof may be the better exsiccated. A complexion hot and dry doth require moister meates; but a cold and moist constitution.

constitution requireth dryer: to the one therefore a shorter, to the other a longer time of salting the meates, is best agreeable. And in respect of the time of the year, it is sufficient in the Spring and Summer to have it powdred a day or two; in the Autumne for the space of two or three dayes; and in the Winter foure or five dayes at the most, because mans body at that time, by reason of the cold constitution of the season, doth more abound with superfluities. But the flesh which is longer preserved in salt, or brine, or after that it is salted, hanged up to dry neere the fire, which we commonly call Martimasse Beefe, doth lose his purity, and is of very hard digestion: it breedeth cholerick and melancholick humors, very apt for adustion, especially that which is hanged up to dry, and therefore it is to such as be cholerick and melancholick, though for the most part well pleasing to their pallats, most hurtfull. I leave it only as convenient for labouring men, and such as have very strong stomacks, or like to have their meat commend their drink.

*Why is that flesh which is meanly or competently fat,
more wholesome and more nourishing than that
which is very fat, or leane?*

THe reason is, because that flesh which is over-fat, is hurtful to the stomach, by causing a nauseative disposition, & yeeldeth little nourishment, & the same not good but excrementall: for it is quickly converted into flegme, choler, and putrid vapors. And flesh that is lean, is of a dry substance, hard

of concoction, and of little and ill nourishment. But flesh that is meanly fat, is the best and easiest of concoction; for it giveth purest nourishment, and is most agreeable to the stomach. And here by the way observe, that of flesh the whitest is the best; for by how much it doth in colour degenerate from whitenesse, by so much it is of worse juyce.

*Whether Kids flesh be better than Lambes? And whether
Lambe than Mutton.*

THe Arabian Physicians preferre Kids flesh before all other flesh; because (as they say) it is of a more temperate nature, and breedeth pure bloud, which is in a meane betweene hot and cold, subtile and grosse. *Isaac* saith, that sucking Kids are for taste, nourishment, and digestion better than other; whose opinion I approve, because the milke giveth and maintaineth in them an excellent moisture: wherefore their flesh is singularly good for hot, dry, and extenuated bodies, and for them that have weake stomachs, and are from some long sicknesse upon a recovery to health, so they eat it roasted. But by reason that it somewhat aboundeth with an excrementall moisture, it is hurtfull for the aged, and such as are phlegmatick, and that have cold and moist stomachs. For although Kids flesh be deemed to be temperately hot and moist in the first degree; yet it is more moist than hot, and withall somewhat slimie: wherefore to their opinion concerning the goodnesse of Kids flesh above all other, I see no reason why I should yeeld my subscription; for

for I thinke Veale to be for goodnesse and wholsomnesse of meat, rather superiour, than any way inferiour unto it, as shall be hereafter shewed. But howsoever it be to an Arabian stomack, or whether the Kids of Arabia be in substance lesse moist and slimie than ours, as it is very likely, I suppose Kids flesh to be somewhat better than Lambe: for Lambe reason of much viscus humiditie in it, increaseth crude & phlegmatick humors. Wherefore it is not so wholsom in the winter & former part of the Spring, as it is from the later end of the Spring unto the beginning of Autumne, in which space (by reason that the Aire is commonly hot & dry) such moist flesh is best agreeable unto mans bodie. It is most profitable for them that are by constitution hot and dry, and that abound with adust and cholerick humors; but it is not convenient for old men, or for them that are phlegmatick, especially the much use of it; for by reason of the much moisture which it hath, it repleateth their stomacks with crude and phlegmatick humors. Lambe of two or three moneths old is the best; for the younger it is, the more it aboundeth with a crude superfluous moisture; and if it be well roasted, it giveth the better nourishment, because the most part of the crude superfluities in it, are by the force & efficacy of the fire, well wasted and digested. Lambes that are weaned, and afterwards fatted, are wholsomer for meat than when they were sucking, because their flesh doth lesse abound with superfluous moisture; and if they have their feeding in hilly pastures, they yeeld the purer nourishment, and are a very good meat for those that have weak stomacks,

macks, or live a studious kind of life. The flesh of Hoggrels and young Weathers is a right wholesome and temperate meat, it breedeth very good blood, and is easily digested: it is better than Lambe, for it yeeldeth a more pure and substantiall nourishment, and is convenient for every season, age, and temperature. The flesh of elder sheep is not so wholesome, for it is of a dryer nature, of harder concoction, and of worser juyce. It is convenient for labouring men, and such as have good stomacks to digest. Of Mutton therefore that is the best, which is of an yeere or two old, and if it be of a young Weather, it is best of all, for it is of a very temperate nature, of an easie concoction, and of pure, firme, and copious nourishment.

Mutton.

Whether Veale for goodnesse of nourishment be better than Beefe.

VEale, if it be competently fat, is pleasant to the taste, and easily digested; it is very nutritive, and the nourishment thereof is exceeding good. For hot and drie bodies, for those that are weake, and given to a studious kind of life, it is farre better than Beefe. Moreover Veale is a more odoriferous flesh than any other, and in this respect it is farre before Kids flesh, and not behind it in any other; but rather (in my opinion) it shall as well for pleasantnesse of taste, and goodnesse of juyce, as for sweetnesse of savour, have the precdency of Kids flesh. And I beleieve, that if those Arabick Physicians had ever tasted of our Veale, they

they would without any scruple, have given unto it the preheminance. But you must not understand this my assertion of all Veale indifferently, for it must not be too young nor leane; for if it be too young, then it is over-moyst, crude, and excrementitall; and if it be leane, then it is not so nutritive, nor so acceptable to the taste and stomach. But if it be of the age betweene one and two moneths, and competently fat, then it is of an excellent temperament, and nutriture, and for every season, age, and temperature, exceeding all quadrupedall creatures. And although Veale be for all bodies convenient, yet for those that are hot and dry, by reason of the pure and pleasant moysture thereof, it is most profitable. The flesh of Steeres, which we commonly call Steere-beefe, and so also of Heyfers, is of a firmer substance than Veale; it giveth to the body much good and substantiall nourishment, and therefore for them that are healthy, and of a sound state of body, it is very agreeable, and not inferiour unto Veale, though it be not altogether of so pure a temperature, and nourishment. Beefe of Oxen that are of middle age, is for goodnesse of juyce, and easinesse of concoction next unto it: it is agreeable enough for young men that are of perfect health, and for any that have good stomachs, and are of a firme habitude of body; but unfit for such as are by nature weake, or any wayes enclined to melancholy, or dry of complexion. Beefe of older Oxen is of a very hard and grosse substance, it is very hardly digested, and breedeth a thick, grosse, and melancholick bloud, which by reason

Steere or
Heyfer Beefe.

of the difficult distribution of it, causeth obstructions, especially of the spleene, and melancholick diseases: and therefore to melancholick bodies it is most hurtfull. But to rustick men, that labour painfully in the fields, and for those that inhabit cold Countreys, whose concoctive faculty is commonly strong, it is agreeable enough: for by reason of their great labour, and strong internall heat, they will too soone resolve the juyce of lighter meats. But to those that lead a resty or studious kind of life, it is very hurtfull. Now by this that hath beene declared, it may plainly appeare, that those hurts that are of *Galen* in his third Book of the faculties of nourishments attributed unto Beefe, ought specially to be understood of old Beefe, which in truth is unsavory, tough, and of a very hard concoction. Bulls Beefe is of a ranck and unpleasant taste, of a thick, grosse, and corrupt juyce, and of a very hard digestion. I commend it unto poore hard labourers, and to them that desire to look big, and to live basely.

Whether Swines flesh be no lesse wholsome, than it was estimated to be, by most of the ancient Physicians.

SWines flesh, because of the strong and abundant nourishment that it yeeldeth, as also of the likenesse that it hath unto mans flesh both in savour and taste, is of *Galen* and other of the ancient Physicians, commended above all other kinds of flesh in nourishing the body. But in my opinion,
the

the choice of flesh is rather to be taken, from the goodnesse of the food whereby it is bred, from an odoriferous pleasantnesse of the same, laudable substance, good temperature, easie concoction, and goodnesse of juyce that it breedeth, than from the strongnesse of nourishment that it giveth, or the aforesaid similitude. In respect of all which, Veale, Mutton, Steere, or Heyfer Beefe are to be preferred before Pork. I confesse that Pork is to most peoples pallats very pleasing, and that it, so it be well digested, yeeldeth unto the body much and firme nourishment; but it is with difficulty digested, and the nourishment thereof is to moyst, grosse, glutinous, & obstructive. Wherefore I will here advertise all pallat-pleasers, that they shall sooner surfet, and that more dangerously, with Pork, than with any other flesh: and that Pork is good and wholesome for bodies that be young, strong, and exercised in great labour, and not disposed to oppilations, for the cholerick and them that desire to be fat. And of such, must *Galen* and other Physicians, that have so greatly written in the commendation of Pork, be understood. And in very deed, hot, healthy, and strong bodies, that undergoe great labours, require (for the conservation of their strengths) much firme and durable nourishment, such as Pork, in regard of the grosse substance of it, doth very effectually suppeditate. But seeing that Pork is of hard digestion, and in substance more grosse than convenient, it is not good for them that be aged, that are grosse, that have weak stomacks, that live at ease, or are any wayes unsound of body. For in such it causeth ob-

structions of the mesaraick veines, liver, and reines, the Gowt and Dropsie, especially if they shall be cold and moyst by constitution: for unto such is Pork very greatly hurtfull, because in them it is wholly converted into crude and phlegmatick humors. Wherefore let such as are phlegmatick, aged, or subject unto obstructions, that lead a studious life, or have queasie stomacks, altogether abstaine from the use of Pork. There is great difference in Pork according to the age of it: the best is that, which is of the age from six moneths unto a yeer, and not over-fat: for then it aboundeth more with superfluous moysture, nourisheth lesse, and is more fullsome to the stomack.

Bacon.

Bacon is not good for them that have weak stomacks: for it is of hard digestion, and breedeth adust and cholerick humors. But for strong labouring men, and them that have good stomacks, it is convenient enough. A Gammon of Bacon is of the same nature, but not so good; for it is of harder digestion, and the best vertue that it hath, is to commend a cup of Wine unto the pallat.

Gammon of
Bacon.

Brawne.

Brawne is in no wise an wholesome meat: for it is of hard digestion, and breedeth grosse and tough humours: If it be young, it is the better; for then it is the more tender and easier of concoction; yet nevertheless in regard of the crude grossenesse of it, it breedeth ill juyce in the body. It is commonly eaten at dinner before other meats, which custome is very preposterous, for it letteth the good concoction and distribution of other meats. And because it is a meat of grosse juyce and hard concoction, we
com-

commonly use to drink a draught of strong Wine or Ale, presently after the eating of it, to help the digestion, but good Wine is badly bestowed upon such a meat: for howsoever it may heat and comfort the stomach, yet it can never cause that meat to be converted into good nutriment.

But it is worthy of enquiry, whether sucking Pigs, Roasting-pigs. that are of most men greatly desired, which wee commonly call Roasting-pigs, yeeld good and wholesome nourishment to the body? The flesh of Roasting-pigs is very moyst and excrementitious; yet very pleasant to the taste, and easily digested: it is very wholesome for all cholerick and dry bodies, because the juyce that is bred therof, doth excellently temper the over-much heat of cholerick blood, and verily profitably moysten the inward parts. But for the aged, and those that are phlegmatick, and cold by constitution, it is greatly hurtfull: for by reason of the over much moysture of it, it breedeth in them abundance of crude and phlegmatick humors. And verily for the same cause there is not a better and wholesomer meat for hot and dry bodies; but in regard of the over-moyst and slimie nature of it, a cup of good Wine will do very well with it, as Claret, for such as are hot and dry by constitution; but for other, Sack is best agreeing with it.

*Whether Venison of Fallow-Deere be wholsomer than
that of Red-Deere.*

Venison, whether it be of Fallow-Deere, or of Red, is of hard digestion, and of ill iuyce: for it engendreth grosse melancholick bloud, which quickly causeth obstructions of the Liver and Milt. Wherefore let such as have weak stomachs, and those also that are by constitution melancholick, or subject to obstructions, eschew the use of it. It is by good cookery somewhat bettered, and it was verily a good invention for amending of the noisomenesse of Venison, to drinke Claret wine plentifully with it, because that Wine causeth it to be the better digested, and is also of a contrary nature to the humor that Venison most of all breedeth. Both kinds of flesh are of a dry temperature, and therefore the fatter the flesh is, the better it is (especially to eat it cold, because that then the fatnesse of it, is not so fulsome to the stomach as when it is hot) for the siccity of it being amended by the fat, is reduced unto a certain mediocrity in such flesh. And if they be well hunted before they be killed, their flesh is the wholsomer, for by often and long coursing of them, their bloud becommeth more thin and subtile, and the evill humors dissipated, by reason whereof, the flesh is more easily digested, and yeeldeth better nourishment. The younger and the fatter Deere are to be chosen, because they are of a moister temperature, and consequently of a softer substance, of easier concoction, and of wholsomer nourishment.

nishment. For if they bee old, or leane, they are of a very hard concoction, troublesome to the stomach, and unwholsome for the body, because they breed an earthy and melancholick bloud. I judge the flesh of Red-Deere to be much inferiour to that of Fallow-Deere: for Hart or Red-Deere is a coarse grained Horse-like meat, yeelding a very grosse and bad nutriment: but the flesh of Fallow-Deere is of a better savour, and not of so grosse and hard a substance, and therefore of easier concoction, and of wholsomer juyce. Some doe suppose Venison of Fallow-Deere to be of a middle nature betweene the flesh of Red-Deere and of Weathers; for after their judgement, it is by so much moyster, softer and easier of concoction than the flesh of Stags, as it is dryer, harder, and of more difficult concoction, than the flesh of Weathers: which opinion, because it hath some probability, I will not much contradict: onely I think that there is a neerer parity of nature betweene the flesh of Fallow-Deere, and of the Red, than there is betweene that of Fallow-Deere, and of Weathers: for in all respects, *ceteris paribus*, both for tendernesse of substance, easinesse of concoction, pleasantnesse, and goodnesse of juice, the flesh of Weathers doth excell it, although some, by reason of the scarcity of Venison, may otherwise deeme.

Hares, whether so wholesome for meat as Conies.

HAres flesh, especially if it be of an old Hare, is of a very dry temper, of a hard digestion, & breedeth melancholy more than any other flesh, which the blacknes therof convinceth: wherefore it is not for the goodnes of the flesh, that Hares are so often hunted, but for recreation & exercising of the body: for it maketh a very dry, thick, and melancholick blood; and being often eaten, breeds *Incubus*, and causeth fearefull dreames. The younger are farre better then other, by reason that the naturall siccity of the flesh is somewhat attempered by the moisture of the age. And by the same reason the fattest are also best. The flesh of young Hares is somewhat easily digested, and yeeldeth nourishment laudable enough; yet I may not commend it to such as are affected with melancholy. But the flesh of old Hares is not commendable for any age or constitution; but most offensive to them that bee aged, that are of a melancholick temperature, that are subject to obstructions, or that lead a studious kind of life.

Rabbits.

Conies are of the nature of Hares; yet of much wholsomer nourishment, especiall being far. But Rabbits somewhat well growne, are of a farre more excellent temperature and nourishment; and for goodnesse of meat, but little inferiour to the Capon: for they give unto the body a most wholesome, cleane, firme, and temperate nutriture. They are very easily concocted, and are good for every age,

and

and temperature of body, especially for the sick, and such as lead a studious or delicate course of life, or that are of a phlegmatick temperature.

Why is Goats-flesh accounted unwholsome, seeing that Kid is of a very commendable nourishment, as hath been shewed?

THe wholsomnesse of Kids-flesh is in regard of the youngnesse of it: for as Kids grow to be Goats, their flesh acquireth a ranck savour, and is also of a very tough and clammy substance: wherefore it is unpleasant to the taste, hurtfull to the stomach, and breedeth a clammy, and fleamy nourishment; yet in the end of the Spring, and the beginning of Summer, they are better for meat, than at other times: for then, by reason of the great plenty of young sprigs and shoots, which yeeld unto them fittest nourishment, they are fatter, and consequently of tenderer substance, of easier concoction, and of better nourishment. There are also divers other kinds of flesh, which poore people in time of scarcity, are oftentimes constrained to make use of; but because they are altogether unwholsome, and alienate from the taste of wholsome meats, I will let them passe; only I marvell, why Frogs and Snailles are with some people, and in some Countries, in great account, and judged wholsome food, whereas indeed they have in them nothing else, but a cold, grosse, slimy, and excrementall juyce: wherefore I conclude, that they are altogether unwholsome, and that the custome of

L

eating

eating such meat is naught, and that they have very corrupt stomacks, that desire such corrupt meats.

And thus much of the flesh of beasts. Now I will entreat of Fowles, and first, of such as are tame.

Whether doth the Capon, for goodnesse and wholsomnesse of flesh, excell all other domestick Fowles?

Capon.

THe Capon being fat and not old, is generally for all bodies, and in all respects, for wholsomnesse of meat, the best of all Fowles: for it is easily digested, and acceptable to the stomack, and maketh much, good, firme, and temperate nourishment, almost altogether free from excrement.

Hens.

Hens, if they be young, and meanelly fat, are also of easie concoction, and of very good and excellent nourishment, even equall to the Capon; but the nourishment which they make, is not altogether so strong. To conclude, Hens and Capons deserve one and the same praise of breeding good and perfect blood. They are very agreeable for every season, age and constitution.

Chickens.

Chickens, both for pleasantnesse of juycé, and easinesse of concoction, are very gratefull to the stomack; for there is not any flesh of lighter digestion, or more agreeable with all natures. They give a pure and light nourishment, and therefore they are best for them that live a dainty kind of life, for weak stomacks, for them that be sick, or weak, and sickly by nature. They are the best, that are growne
some-

somewhat great (especially the Pullets) because they are somewhat of a firmer nourishment; but the male ones, which are called Cockrels, when they are grown big, are not so good, and the greater they are, by reason of their salacity, the worse they are, because they are of harder concoction, and not of so pleasant and well-savouring juyce: wherefore their stones are taken from them, and afterwards, as they grow in good plight of body, their flesh is of all Fowles the best and wholesomest for Students, and such as live delicately, or are by nature weak and sickly: for it is easily digested, and yeeldeth much, temperate, and excellent nourishment.

Pullets.

Cockrels.

The flesh of Turkeys is of a temperate nature, of pleasant taste, not of hard concoction, of much, good and firme nourishment, agreeable to every age and constitution. If the legs and hinder parts of them were, for easinesse of concoction, and goodnesse of meat, answerable to the brest and forepart, and the fat also proportionable to the flesh in goodnesse, they were scarcely inferiour to the Capon; but the fat is grosser, and of worse concoction, than of any other Fowle, very offensive to the stomach, and hurtfull to such as have the Gout, or subject unto a defluction of humors. But although the fat be not commendable, yet the flesh of the fat Turkey is best, and most wholesome, because it is of easier concoction, and of more pure and temperate nourishment. They are to be chosen from the age of six moneths, unto a yeer and a halfe, but they of eight, nine, or ten moneths old, are the best; for if

Ginnies, or
Turkeys.

they be under the age of six moneths, then their flesh is too crude and excrementitious; but most of all hurtfull unto moyst and full bodies, and such as are subject unto the falling downe of humors into the legs and feet. And if they be above a yeere and halfe old, then their flesh is of harden substance, and consequently of a more difficult concoction, and of worse nourishment: and therefore most unfit for weak stomacks and infirme bodies.

Peacocks.

The flesh of Peacocks is of hard substance, and of no great commendable nutriment, digested with difficulty, and breedeth a thick and dry melancholick blood: wherefore it is a convenient meat for them that have strong stomacks, and that use great exercise, for it yeeldeth unto such a strong and fit nourishment. They are best to be eaten in the winter, and if after that they be killed, they be hanged in a cold place, three or foure dayes, or longer, if it be in a cold and dry season, the hardnesse of their flesh, which is as much as of any other Fowle, will be somewhat amended. Those that are very young, and not above a yeer old, are the best: for as they are of a more soft and tenderer substance: so also they are of easier concoction, and of wholsomer juyce. They are very hurtfull to the melancholick, and to such as live an easie kind of life.

Pigeons.

Pigeons are of an hot temperature, and of easie concoction: they breed an inflamed blood, and excite carnall lust: wherefore they are not commendable for those that be cholerick, or enclined unto fevers: they are good for old men, and very wholsome for them that be phlegmatick; but being
boyled,

boyled, they are wholsome enough for all hot and cholerick bodies, because the heat of them is tempered by the moysture of the water. They are most convenient for cold seasons. It is very good, when you eat them roasted, to stuffe them with sowre grapes, or unripe goose-berries, and to eat with them the sowre grapes, or berries in manner of a sawce, with butter and a little vineger also, if it shall not bee sharp enough of the berries, because the sowre grapes or goose-berries, doe excellently qualifie and temper the heat of them: and being this way used, they are also the more agreeable for hot and dry bodies. The eating of Pigeons in time of the plague is much commended, because they are thought to make a man safe from infection: which thing verily is not repugnant to reason, for they breed a strong, hot, and somewhat a thick bloud. They are best to be eaten, when they are almost ready to flie; and before their heads be pulled off, let them bloud with a knife upon the inner side of the wings, for by that meanes their vehement heat will be somewhat abated. The old Doves, both for their very great heat and drinesse, and also for their hardnesse of digestion, are to be eschewed, except of rustick people, and them that have very strong stomacks.

Whether doth the Pheasant, for sweetnesse and wholesomenesse, excell all other wilde and sylvestriall Birds? And whether the Teale, all other water-fowle?

THe Pheasant is in all qualities temperate, of easie concoction, and comfortable to the stomach, and of much and excellent nourishment, very profitable for every age and constitution. For sweetnesse and pleasantnesse of taste, it excelleth all other Fowle; and for nourishment, is of a meane betweene the Capon and the Partridge: verily, for goodnesse and pleasantnesse of flesh, it may of all sylvestriall Fowle, well challenge the first place at tables: for it giveth a most perfect and temperate nourishment to them that be healthy, and to the weak, sickly, or that are upon a recovery unto health, there is not so profitable a flesh, for it is very delightful to a weak stomach, and quickly, by reason of the pure and restaurative nourishment which it giveth, repaireth weak and feeble strengths: wherefore, for bodies that are naturally leane, weak, or extenuated by long sicknesse, it is farre better than the flesh of any other Fowle.

Partridge.

Next to the Pheasant for goodnesse of meat, is the Partridge, so it be young: for the flesh of old Partridges is neither to the pallat, nor stomach, very welcome, especially if they be not fat; for it is of a very dry temperature, of hard concoction, and of a dry and melancholick nourishment: wherefore they are in no wise convenient for the melancholick, or
such

such as are subject to costivenesse: But the flesh of them that be young, is of a laudable temper, of easie concoction, and very acceptable to the stomack, it yeeldeth very good nourishment, which impingua-teth the body, helpeth the memory, increaseth seed, and excireth *Venus*: They are convenient for every age and constitution; especially for them that have moist stomacks, that are subject to fluxes, and that are *in statu convalescentia*. The young ones that are taken even as they are ready to flie, and afterwards fatted, are the best, for they make a pure and excellent nourishment. They are only hurtfull to Country-men, because they breed in them the Asthmatick passion, which is a short and painfull fetching of breath, by reason wherof they will not be able to undergoe their usuall labours. Wherefore, when they shall chance to meet with a Covie of young Partridges, they were much better to bestow them upon such, for whom they are convenient, shan to adventure (notwithstanding their strong stomacks) the eating of them, seeing that there is in their flesh such an hidden and perillous antipathy unto their bodies.

Quailes are not for goodnes and pleasantnesse of meat so wholesome as they are accounted: for they have in their flesh much moist and excrementall juyce, by reason whereof they quickly putrifie in the stomack, and make a bad nourishment. But they are corrected, by baking them well seasoned with pepper, cloves, and salt. Some have judged them, by reason of their great moisture, to be only profitable for melancholick bodies, but their colour

flour and taste, prove their nourishment to be rather quickly converted into melancholy, except you will, that their flesh have a certaine kind of force against melancholy, by reason of a great desire that these birds have to feed upon Hellebor, which is a purger of melancholy. But yet for all this, you shall not have my assent, that they are good for melancholick bodies, because the *incommodum* will be *majus commodo*, as by that which shall be by and by shewed, may be collected. In my opinion they are best agreeable to them that be cholerick, and most hurtfull to the aged, and to all cold, moist, phlegmatick, and paralitick bodies. Some there are, that affirme Quails, by reason of some malignity in their nature, to be worse than any other Fowle, and scarcely wholsome for meat, which malignity they acquire by feeding upon Hellebor, which they greatly desire, and other venemous seeds: and *Pliny* writeth, that they alone of all living creatures besides man, suffer the falling sicknesse. Wherof they conclude, that the use of them engendreth the cramp, a trembling of the limbes, and falling sicknesse. To that which others have studiously observed concerning the nature of these Birds, I may well assent, seeing that even the very colour, temperature, and savour of their flesh doe confirme the same. But there are few (I think) that would feare to incurre the aforesaid hurts, by eating of them, if they might have them. Indeed the scarcitie of them upholdeth their reputation, and the hurts that come by the seldome eating of them, are not sensible, but to the curious Indagator and Observer of things; but if they had

had their fill of them, as they have of any other common flesh, they would out of their experience esteeme of them no better than they doe deserve. But to prevent and amend, in some measure, the naughty nature of them, it shall be good to nourish them some time in a convenient place, with good and wholsome seeds, and afterwards to bake them, as aforesaid.

Railes are of light digestion, and of wholsome nourishment, they are good for every age and constitution, especially for them that bee phlegmatick. Railes.

The Turtle or Ring-doves differ from the Tame-doves, only in that they are greater, and more fleshie. The flesh of them that are young, and not above a year old is acceptable to the taste, of easie concoction, and of much good and wholsome nourishment, and is thought to have an excellent property of comforting the braine, and quickning the wit. But the flesh of the elder ones is of a dryer temperature, of harder concoction, and breedeth an ill melancholick bloud. Turtle-Doves.

The Black-bird or Owle that is fat, is greatly commended for pleasantnesse of taste, lightnesse of digestion and goodnesse of nourishment. Black-bird.

The Thrush that is of a dark reddish colour, is of the same nature, but not altogether of so good nourishment: they are best in the winter, and are convenient for every age and constitution of body, especially for the phlegmatick. Thrush.

Larks are of a delicate taste in eating, light of digestion, and of good nourishment, they are good Larks.
M for

for all constitutions, but best for the phlegmatick.

Woodcocks.

The flesh of Woodcocks is somewhat of a hard and dry substance, not easily concocted, and yeeldeth to the body a melancholick nourishment. Some judge them to approach somewhat neere unto the nature of the Partridge, and therefore is of them called the rustick Partridge; but the flesh of the Woodcock is more excrementall than of the Partridge, much more inclining to melancholy, of a more ingratefull savour, and of much more harder concoction.

Snites.

The Snite for goodnesse of meat is not inferiour to the Woodcock, but rather to be preferred before it: for though the flesh hath a little smack of the Fenne; yet it is somewhat easily concocted, and yeeldeth to the body a meetly good nourishment, a little excrementall and melancholick. Wherefore both the Snite and Woodcock are least of all convenient for those that are by constitution melancholick.

Heath-cocks.

Heath-cocks are of much, and laudable nourishment, and also of easie concoction: they are convenient for every age and temperature of body.

Fieldfares.

Fieldfares are of a dry and melancholick substance, and therefore neither for concoction, taste or nourishment commendable.

Sparrowes.

Sparrowes are of an hot temperature, of hard concoction, and of evill juyce, especially if they be eaten roasted, for then they make a dry, cholerick, and melancholick nourishment. But being boyled in broth, they become wholsome and the broth restorative.

Linnets.

Linnets are both for lightnesse of digestion, and Linnets.
goodnesse of meat better than Sparrowes.

The Crane is of an hard and fibrous substance, and Crane.
of a cold and dry temperature: wherefore the flesh
is of very ill and melancholick juyce, of very hard
concoction, and of much more excrement than nu-
triment. After that he is killed and exenterated, it
is good to hang him up a day or two before he be
eaten, for by that means, the flesh will be more ten-
der, and lesse unwholsome.

The Bustard, if he be leane, is in temperament, Bustard.
excrement, and evilnesse of juyce, very like unto
the Crane. But being fat, and kept without meat a
day or two before he be killed, to expulse his or-
dure, and then exenterated, and hanged as the
Crane, and afterwards baked, well seasoned with
Pepper, Cloves, and Salt, is for them that have
strong stomacks a good, fit, and well nourishing
meat.

The Heron is of a very hard and fibrous substance, Heron.
it is hardly digested, and breedeth an ill melanco-
lick bloud. Moreover, the flesh is of a fishie savour,
which in flesh is a note of greatest pravity. But the
young Heronshewes are with some accounted a ve- Heronshew:
ry dainty dish: indeed they are of a more tender
flesh, and consequently, of lighter digestion, and
better nourishment, if there be any good in them
at all; but I leave them, and commend them unto
such as are delighted with meates of strange and
noysome taste.

The Byttour is also of hard concoction, of evil taste, Byttour.
and also of unprofitable and excrementall juyce.

Stork.

The Stork is of hard substance, of a wilde savour, and of very naughty juyce: for hee feedeth upon venemous wormes, &c. which he taketh up out of the waters: and therefore let him be excluded from tables.

Oxen & Key,
Puer, Red-
shank, &c.

Those little Birds, which by an Antiphrasis, are called Oxen, and Key, the Puer, the Red-shanke, and such like, as live upon the Sea-shores, are, by reason of their fishy savour, to be rejected, as unwholsome and nauseous to the stomack. They may (perhaps) please the pallat of such as accustome the eating of them, and respect not how they fill their bodies with meats of putrid and obnoxious iuyce. But I advise all such as are studious of their health, that are aged, infirme, or that lead a sedentary course of life, utterly to abandon meats of such strange noysome taste, and unwholsome nutriture.

Seagull, or
Meaw.

The Seagull, or Meaw, is to be rejected as all other kinds of flesh of a fishie savour: for he is of a very ill iuyce, and is not only unpleasant, but also very offensive to the stomack.

Teale.

Teale, for pleasantnesse and wholsomnesse of meat, excelleth all other water-fowle: for it is easily digested, acceptable to the stomack, and the nourishment which it giveth, is very commendable and good, lesse excrementall than of any other water-fowle. It is convenient for every age and constitution, and allowable also even for them that bee weak and sickly, and so is not any other water-fowle.

Radge.

The Radge is next unto the Teale in goodnesse: but yet there is great difference in the nourishment which

which they make; for that which commeth of the Radge, is much more excrementall than that of the Teale. Neither is the Radge so pleasant to the taste, nor by much, so acceptable to the stomach, as is the Teale.

Plover is of some reputed a dainty meat, and very wholsome; but they which so judge, are much deceived: for it is of slow digestion, increaseth melancholy, and yeeldeth little good nourishment to the body. The like may be said of the Lapwinck. But the Plover for goodnes of meat shall have the precedence, and be next to the Radge.

Plover.

Lapwinck.

Wigeon and Curlew are of hard digestion, and of a dry and melancholick nourishment: they are good for them that live neere to Moores, and that have no better meat.

Wigeon.
Curlew.

Curres are nauseous to the stomach, they give to the body a very grosse, melancholick and unwholsome nourishment.

Curres.

The like may bee said of Coots, and all other water-fowle, yea of those Peckled ones, that are faire in their Feathers; yet black and foule in their flesh. They are all naught, unwholsome, and offensive to the stomach, yeeding to the body nothing but a bad excrementall melancholick nourishment.

Coots and
Peckled fowle

The flesh of the Fenduck, or Moorehen, seemeth for the fatnesse of it, commendable; but it is of hard concoction, and of grosse and excrementall juyce. Those that are healthy, & have strong stomachs, may boldly eat therof; but I wish other to beware of it, especially such as are of a melancholick temperature.

Fenduck, or
Moorehen.

Ducks.

Ducks, whether tame or wilde, are in no wise commendable; for they chiefly feed upon the very filth, and excrementall vermine of the earth. The flesh of them is neither for smell or taste commendable: it is fulsome and unacceptable to the stomack, and filleth the body with obscure and naughty humors. The flesh of domestick or tame Ducks, giveth much, grosse, and somewhat an hot nourishment, but very excrementall. The flesh of the wilde ones is of a colder temper, and not so excrementall: they are onely convenient for strong and rustick bodies. But the Ducklings that are well fed with wholsome graine, are of lighter digestion, more gratefull to the taste, and of wholsomer nourishment; yet let old men, and such as are phlegmatick, or have weak stomacks, beware how they use them.

Goose.

The flesh of stubble Geese is of hard concoction, and of grosse, melancholick, and excrementall juyce. But the young Geese, which are commonly called Greene-Geese, are of lighter concoction, of better taste, and of wholsomer juyce, especially if they bee fatted with wholsome graine. They are best agreeable to cholerick bodies; but they are not good meat for old men, for them that be cold and moist by constitution, or have weak stomacks.

Green-Geese.

Swan.

The Swan in digestion and nutriment, is very like unto the Goose; but as he is greater than the Goose, so is he also of a more heavie, grosser, and more difficult substance to be digested. He yeeldeth best nourishment being baked, and well seasoned with Pepper, Cloves, and Salt. It is a strong melancholick

lancholick meat, and therefore convenient for them that use great labours, and have strong stomacks; but not for them that be aged, or live a restfull and delicate course of life. Thus much of Fowle. Other also there are, which (because they are seldome in use) I omit: and for them therefore let this suffice, that there is no small difference betweene those that live in marish places, lakes, or standing pooles, and them that wander and feed upon hills, or other dry places: for according to the nature and temperature of the places, the flesh not only of Fowle, but also of beast, is either competently dry, and free of excrements, and easie to be digested; or moyst and excrementitall, and hard to be digested.

Whether the parts of Beasts and Fowles, besides the flesh, as the head and the parts thereof, the liver, the heart, &c. give good and profitable nourishment to the body.

THe head of those animals that are wont to be eaten, as of the Calfe, Hogge, Kid, Lamb, &c. is of easie digestion, and of meetly good nourishment, somewhat crude and excrementall. The braine, &c. is phlegmatick, and breedeth a cold grosse nourishment: by reason of the fulsomnesse of it, it is soone offensive to the stomack, causeth lothsomnesse, and overthroweth the appetite. It is best agreeable to those that are cholerick, that are young, and have hot stomacks; but to old men, and such as are phlegmatick, it is very hurtfull: pepper is the best correctory for it. The braines of those beasts.

beasts or fowles that are of a dry temperature, especially if they live in hilly and dry places, are for nourishment the best, because there is not in them, that plenty of excrementall moisture, as there is in the braines of them that are of moist complexions. The braines of Calves, Conies, Hares, Woodcocks, and Snites, are in greatest use and account; but the Conies braine is for temperature the Wholsomest. The braine of the Hare is said to be good against the trembling and shaking of the limbes: I know not whether by reason of the siccity of it, or of any hidden propriety; but seeing that the Hare is of a very melancholick and timerous nature, I think the braine of any beast or fowle of a dry temperature, to be so good, if not better, against any paralytick or trembling infirmity of the limbes, as the braine of an Hare.

Eyes.

The Eyes are of a cold and moyst temperature, of light digestion; but by reason of the pituitous fatnesse of them, they are fulsome and offensive to the stomack. They make an ill and excrementall nourishment: they are best agreeable to such as have hot and cholerick stomacks, but to the phlegmatick, and them that have cold stomacks, they are very noysome. The Eyes of a Calfe are the best.

Eares.

The Eares are of hard digestion, and of very little nourishment; for they consist of nothing else but gristle and skinne.

Marrow.

Marrow is much more laudable than the braine; for it is sweeter and pleasanter, of a firmer substance, and of an hot and moyst temperature. It maketh much, good, and pure nourishment: it increaseth

creaseth the geniture, and excellently sustaineth and restoreth the vitall moysture. Moreover, it mollifieth the passages of the throat, and lenifieth the asperity of it, and delighteth the stomack, so that it be moderately taken; but if it be immoderately used, it mollifieth and relaxeth the stomack, taketh away the appetite, and induceth a disposition to vomit.

The tongue is of a spongy and temperate substance, of easie concoction, and of good nourishment, especially about the root: for there the flesh is sweetest. It is an wholesome meat for every age and constitution. Neats tongues salted and dried, as the manner is, and afterwards boyled, are excellent to excite the appetite, and to commend a cup of Claret; but a meat wholesome enough, so the use be moderate.

Tongue.

Neats tongues
dried.

The maw and bellies of beasts are of an hard, skinnie, and tough substance, they are hardly digested, and yeeld a cold and grosse nourishment: yet some are well pleased with a fat tripe, and account it a very good meat: and indeed so it is for them that be given to great labours, and that have hot and strong stomacks; for in such kind of men, it is not much to be regarded, how wholesome the meat be, so it fill the belly, and conserve the strength. But to them that lead a studious kind of life, that are by constitution phlegmatick, and melancholick, or have weak stomacks, a tripe (though fat) is very offensive: for beside that it is of hard digestion, and of ill juyce, it is of an unpleasant smell and taste: and therefore noysome to the stomack.

The Maw and
bellies of
beasts.

Gysard of
Fowles.

The Gysard or Maw of Fowles, as of the Goose, Hen, &c. is likewise of hard digestion, and of no commendable nourishment.

Wings.

The wings of Fowles that are young and fat, are of easie concoction, and of wholsome juyce; but of such as are old and leane, they are of a hard digestion, and of a dry and melancholick nourishment.

Liver.

The Livers of Beasts, that are full growne, are of ill nourishment, for they are hardly digested, slowly distributed, and breed grosse humors. But the Livers of them that be sucking are better, for they have a moyster temperature: and therefore they are of easier concoction and distribution, of pleasanter taste, and of better juyce. But they are not good for them that have weak stomachs, or subject to the obstructions thereof, or of the Liver, Milt, or mesaraick veines. The Livers of Fowles, as of a Goose, Pheasant, Hen, Capon, Turkey, &c. are of a good temperature, of pleasant taste, of easie concoction, and of much and commendable nourishment, especially the Livers of Hens, Capons, Caponets, and Pullets, which if the meat wherewith they be fatted, be tempered with milk, then their livers are of an excellent temperature and nourishment. They are convenient for every age and temperature of body.

Heart.

The Heart is somewhat of an hard substance, and therefore it is not very easily digested; but when it is well digested, it maketh a durable and commendable nourishment. The heart of a fat Calfe is for pleasantnesse of taste, easinesse of concoction, good-

goodnesse of temperature, and salubrity of juyce, the best.

The Lights are of light digestion, and of little nourishment, and the same not good, but phlegmatick. Lights.

The Milt is altogether unwholsome for meat; for it is hard of digestion, and breedeth a very bad and melancholick blood, and therefore to be rejected. Milt.

The Kidneis are in no wise commendable, but for the fat annexed unto them, for otherwise they are of very ill juyce, of unpleasant taste, and of hard concoction. The kidney of Veale, by reason of the pleasantnesse and tendernesse of it, is far more nutritive, and more wholsome than of any other flesh. The kidneis of beasts that are full growne, especially if they be of big stature, are of no good nourishment, for they are of very hard concoction, and of a ranck and naughty juyce. Kidneis.

The Vdders of beasts are not easily digested; they make a grosse phlegmatick blood: wherefore they are not good for them that live at ease, for the phlegmatick, nor any that have weak stomacks, or subject to obstructions. Being well digested, they nourish much, and therefore they are a convenient meat for them that have good stomacks, and a strong naturall heat to digest. The udders of Cowes are for pleasantnesse of taste, and goodnesse of nourishment the best. Vdders.

The feet of Beasts doe give a cold and clammy nourishment, which quickly stoppeth up the veines. Feet.
Galen commendeth the feet of Swine; but Calves

feet, and the feet of roasting Pigs are of easiest concoction, and of purest nourishment: They are very good for dry bodies, because in an hot stomack they digest well, nourish much, and they moysten the solid parts, not with a light, but a clammy and good nourishment: and for the same cause, the use of them (especially of Calves feet) is very profitable in consumptions and ruptures of veines; but there must bee good heed taken, that they bee exactly boyled, even untill that (by reason of tendernesse) one part is dissolved from another: for else they are of harder concoction, and not of so good nourishment. They are very hurtfull unto moyst and phlegmatick bodies, and such as are subject unto the Gout and wind collick. The feet of a Bullock or Heifer, which wee commonly call Neates feet, tenderly sodden, and laid in sowce, and afterwards eaten cold, are accounted very good meat; and so they are for a cholerick stomack, because they make a cold and tough nourishment; alwaies foreseene, that they be eaten before other meat. But to them that have cold stomacks, although they may be well liking unto them, they are in no wise agreeable.



Of Fish.

SECT. V.

Whether the much and often use and eating of Fish be unwholsome, and hurtfull to the health of the body.

IT is because fish increaseth much grosse, slimie, and superfluous flegme, which residing and corrupting in the body, causeth difficulty of breathing, the Gowt, the Stone, the Leaprie, the Scurvie, and other foule and troublesome affects of the skin. Wherefore I advise those men that are much delighted with the use of fish, that they bee very carefull in the choise of it; as that it be not of a clammy, slimie, neither of a very grosse and hard substance, not oppleted with much fat (for all fat is of it selfe ill and noysome to the stomack; but of fish it is worst) neither of ill smell, & unpleasant savour. Wherefore of Sea-fish, that is best which swimmeth in a pure Sea, and is tossed and hoysed with winds, and surges: for by reason of continuall agitation, it becommeth of a purer, and lesse slimie substance, and consequently of easier concoction, and of purer iuyce. And for the same cause, the fish

The choise
of fish.

that is taken neere to a shore that is neither earthy nor slimie, but rockie and stony, is also best: for the fish that abides in a slimie shore, is of harder digestion, and of a more slimie and excrementall substance. The fish also that betaketh it selfe from the Sea, into the mouthes or entries of great Rivers, and so swimmeth towards the fresh waters, doth quickly become better or worse: for if they be carried in slimie and muddie rivers, they forthwith lose much of their goodnes; but if in pure, gravelly, and stony rivers, then the farther off they be removed from the Sea, the better they are: for by reason that the water is contrary to their course, they are the better cleansed from their slimy superfluities. Of freshwater-fish also that is best, which is bred in pure, stonie, or gravelly rivers, running swiftly. For that which is taken in muddy waters, in standing pooles, in fennes, motes and ditches, by reason of the impurity of the place, and water, is unwholsome; for it breedeth a very slimy and excrementall nourishment, very greatly hurtfull unto them that are subject to the Gout, and Stone, and obstructions of the brest. Thus much in generall concerning the choice of fish. Now I will briefly speak of the particular kinds of fish that are most common and in greatest use, and first of Sea-fish.

Sole.

The Sole is somewhat of an hard substance, and yet of easie concoction, and free from excrement, in respect of other fish. For whitenesse and purity of substance, pleasantnesse of taste, and goodnesse of juyce, it farre excelleth all other Sea-fish; and therefore may bee well termed Sea-Capon. The Sole

verily

verily is to bee reckoned among the meats of primeſt note; and for ſuch as are infirme and ſick, *Non magis expetitus quàm ſalutaris cibus*. But our Severne Soles, for tenderneſſe of ſubſtance, pleaſantneſſe of taſte, eaſineſſe of concoction, pure and whoſome nourishment, excell all others of this Kingdome.

The Plaice is pleaſant to the pallat, eaſily digeſted, and in the judgement of ſome men, a good fiſh; but in my opinion, it giveth a watriſh and excrementall nourishment, eſpecially if it bee not well growne to a ſubſtantiall thickneſſe. It is beſt agreeable to them that are by conſtitution cholerick; but to the phlegmatick it is very hurtfull, becauſe it aboundeth with a phlegmatick juyce. The Dabbe or little Plaice is of the ſame nature, but more excrementall.

Plaice.

The Flounder is in taſte, digeſtion, and nourishment, like unto the Plaice, eſpecially if he be young. Some deeme this fiſh not ſo pleaſant in taſte, nor ſo good in nourishment, as the Plaice, but by their leave, if it be growne to a good thickneſſe (*nam quò grandior, eò melior*) by reaſon of a firmer ſubſtance which it acquireth, I rather thinke that it giveth a better than a worſe nourishment, becauſe it leſſe aboundeth with a ſlimy ſuperfluity.

Flounder, or
Flooke.* That are
very tender-
mouthed.

The Gurnard is of harder digeſtion, than any of the former: ſome are red, and ſome gray: in reſpect of the colour, there is little difference, if there bee any, the red is the better: both give a good nourishment, and nothing ſlimie: and therefore they are much better for them

Gurnard.

them that are phlegmatick, thæen the Plaice, or Flounder.

Whiting.

The Whiting, notwithstanding that it is unsavory, and nourisheth very little, is of some greatly desired, and commended; verily it is easily digested, and the nourishment which it maketh, although it be little, yet it is good, and very little excrementall. The young small Whittings, as they are more sweet and pleasant in taste, so they yeeld to the body a better and more excellent nourishment.

Smelts.

The fragrant odor of Smelts doth commend the wholsomnesse of them: they delight the Pallat, and yeeld to the body a very good and wholsome nourishment.

Breame.

The Breame is somewhat acceptable to the palat, of easie digestion, and of meetly good nourishment, somewhat excrementall. It is best agreeable for cholerick bodies, and worst for phlegmatick. Some love to eat the eyes of the Breame; but they are very excrementall; and so also are the eyes of any other fish.

Shad and Mackrell.

Shad and Mackrell are both sweet in taste, and soft in substance; yet not very wholsome, for they quickly induce a loathing noysomnesse to the stomack, and breed an excrementall nourishment. They are convenient for labouring men, and for them that have strong stomacks.

Dogge-fish.
and Hake.

Dogge-fish and Hake are neerer of a nature, not of hard confection; but yet scarcely of laudable nourishment, for they increase somewhat crude and watrish humours.

Cod-fish.

Cod-fish for whitenesse of colour, and moderate hardnesse

hardnesse, and friability of substance is commended: it is somewhat easily digested, and yeeldeth a meetly strong nourishment, and not very excrementall.

The Haddock is pleasant to the taste: it is in nature somewhat like unto the Cod; but it is of lighter concoction, and not of so firme and durable nourishment.

Haddock.

Mullet is a fish somewhat of an hard substance; yet if it be taken in a gravelly and stony shore, is not of hard digestion, is of pleasant taste, and of meetly good nourishment. But if it be taken in a muddy or slimie water, it is not so easily digested, is hurtfull to the stomach, and breedeth grosse and excrementall humours. Of Mullers, the lesser are best, for they are of easier concoction, and of better juyce.

Mullet.

The Base is in goodnesse of juyce inferiour to the Mullet, for it is of harder concoction, and breedeth a more grosse and slimie nourishment. Both Mullet and Base are agreeable for them that are of hot temperature, and have strong stomachs.

Base.

Salmon is ranked with the best sort of fish, it is very pleasant to the taste, and not very hard to be digested, it maketh a good nourishment, in consistence, neither clammie nor grosse; but yet it quickly oppresseth a weak stomach: wherefore let such as are infirme, or have weak stomachs, so carefully moderate their appetites, as that the juctindity of it, entice them not to a perilous and nauseative fulnesse. And it is not good for them that have strong stomachs to be too bold in the use of it: for it soone weakneth the stomach, subverteth the appetite, and

Salmon.

that oftentimes with the danger of a deadly surfet. The belly is to be chosen before any other part, because it is tenderer, and of a more sweet and pleasanter taste. The eyes of a Salmon are farre wholsomer than the eyes of any other fish.

Salmon-Peale.

The young Salmon, or Salmon-Peale, is far better than that which is greater, or fuller growne: for it is of a softer and whiter substance, of a pleasanter relish, of easier concoction, more acceptable and agreeable to the stomack, and of very good and wholsome nourishment. The salted Salmon loseth much of his goodnesse and pleasantnesse of taste, and is therfore for wholsomnesse of meat, very much inferiour to the fresh.

Turbut.

Turbut or Birt is meetly pleasant to the taste, and if it be well digested, it maketh a good and firme nourishment: it is somewhat of an hard substance, and therefore not easily digested. It is a very good meat for such as are healthy and have strong stomacks; but for the aged, for them that be phlegmatick, and that have weak stomacks, it is very inconvenient and hurtfull.

Sturgeon.

Sturgeon is a very acceptable dish: and best welcome at Tables. It may be much doubted, whether it be so greatly esteemed for the rarenesse of it, or for the goodnesse of meat, or for that it is pleasant to the pallat, and induceth withall a smoothing delectation to the gullet. I will plainly deliver my opinion, whatsoever the sensuall Palatist shall decme. The flesh of the Sturgeon is of it selfe, of a whitish, and meetly pure substance, and consequently of laudable nourishment, if it were not intermix-

ed with a grosse and nauſeative fat, by reaſon whereof it is not eaſily digeſted, and is quickly offensive to the ſtomack, and maketh a groſſe and clammy nourishment. Wherefore let ſuch as are aged, and that have cold and weak ſtomacks, carefully reſtraine the uſe of it. It is moſt accommodate for the hot ſeaſon of the yeere. The little or young Sturgion is farre whoſomer than the greater, for he is of tenderer ſubſtance, of pleaſanter taſte, of eaſier concoction, and of good nourishment, if you ſeparate moſt of the fat, which ſubverteth the ſtomack, and breedeth a groſſe and clammy humour. The belly of the Sturgion is, even as of the Salmon, to be preferred before the other parts. The Sturgion not only which is great and full growne, but that alſo which is little, and ſomewhat tender by age, is very hurtfull unto them that are troubled with rheumes, and articular griefes.

The Hallibut is a big fiſh, and of great account: Hallibut. it is of a white, and ſomewhat of an hard ſubſtance, and therefore not eaſily digeſted; but it is very pleaſant to the taſte, and for goodneſſe of meat not inferiour to the Sturgion. The belly part, even as of the Sturgion, is the beſt. It is a convenient meat for young men, and for hot cholerick bodies; but for old men, for the phlegmatick, and them that have weak ſtomacks, it is very hurtfull.

Dorie is for ſubſtance of fleſh almoſt of a meane Dorie. conſiſtence, yet not very delectable to the pallat. It giveth a meetly good nourishment; but it is not good, eſpecially the much eating of it, for them that bee phlegmatick, or have weak ſtomacks,

or that are subject to the Gout and Stone, because it breedeth somewhat a grosse and phlegmatick iuyce.

Allowes.

The Allowes is taken in the same places that Salmon is, it is meetly pleasant to the taste, yeeldeth much, and somewhat a thick nourishment, yet not ill, so it bee well concocted in the stomack; but it is of hard concoction, wherefore it is hurtfull to them that have weak stomacks, and that are by constitution phlegmatick and melancholick. The Allowes that tarrieth, and is taken in sweet waters, is wholsomer than that of the Sea, for it is fatter, of tenderer substance, of easier concoction, and of better favour.

Guilt-head.

The Guilt-head or Goldine is whiter, and not altogether of so hard a substance as the Allowes, and therefore it is of easier concoction, and also of better nourishment. The Guilt-head is not in season, but in the Winter, for then hee is sweeter in taste, than at any other time, and is convenient for every age and temperature of body, so the stomack be sufficiently strong for concocting it.

Calaminary,
or Sea-Cut,
Cuttle-fish,
Poure-Cuttle.

The Calaminary, the Cuttle-fish, and Poure-Cuttle; are even of one and the same nature, they are of hard concoction, and fill the body with crude and grosse humors. They may in want of better meat, serve for Mariners, and rusticall bodies, who through the strength of their stomacks and great labour, are able to convert any grosse meat into good nourishment. The small ones excell the great, because they are of a more tender flesh, and are with lesse difficulty digested. They are all hurt-

full

full to them that have weak sinewes, and subject to the palsie.

The Wolfe-fish is of a cold and moyst tempera-
ture, of pleasant taste, and of easie concoction. It
breedeth a cold, thin, and waterish iuyce, and ther-
fore let such as are phlegmatick and rheumatick,
perpetually shun the use of it.

The Wolfe-
fish.

The Lump or Lomp, is a fish so named from his
shape and likenesse, and is in taste agreeable to the
name: it is of hard concoction, and of grosse and ex-
crementall iuyce.

Lomp-fish.

The Conger is a long round fish, in shape like un-
to a great Eele, and is therefore called the Conger-
Eele: It yeeldeth a grosse and excrementall nou-
rishment, as the common Eele doth. It is a meat,
notwithstanding that it is to most mens pallats well-
pleasing, convenient only for such as have strong
stomacks, and that are of a firme state of body. To
the phlegmatick, to them that have weak stomacks,
or subject to the Dropsie, Gout, and Stone, it is ve-
ry hurtfull.

Conger-Eele,

Lampreyes are of some greatly esteemed, but ve-
ry unworthily; for they are partly of the nature of
Eeles; yet somewhat wholsomer, because they are
not of so clammy and so grosse a substance. They
are pleasant to the taste, but not easily concocted:
They give much nourishment; but the same some-
what clammy and tough: wherfore they are not fit
for them that have weak stomacks, or are subject to
obstructions. They also increase melancholy, and
are very hurtfull to such as are troubled with the
Gout and that have weak sinewes. The small Lam-

Lamprey.

preyes are better than the great, for they are not of so tough substance, and therefore of easier concoction, and of wholsomer nourishment. Yet let such as have weak stomacks beware lest that the jucundity of their taste induce them to an immoderate and perilous use of them.

Thornback,

Thornback is a fish of moyst substance, of grosse, excrementall, and putrid iuyce; whereby it com- to passe, that it is a meat of ill smell, unpleasant savour, unwholsome nourishment, noysome to the stomach. The use thereof breedeth cold diseases, and the Epilepsie very speedily, if it be eaten hot: which noysome quality doth (as I thinke) in cooling, somewhat evaporate, and sooner arise being eaten hot, for that it is so moyst a fish, and full of superfluity. It is a meat only fit for hard labouring men.

Tuine, Por-
puise, &c.

The Tuine, Porpuise, and such like great and be- stiall fishes, are of very hard digestion, noysome to the stomach, and of a very grosse, excrementall and naughty iuyce.

Herrings.

Herrings are somewhat pleasant to the taste, yet not wholsome, as it is often proved by them, who through eating of fresh Herring, quickly surset, and fall into Fevers. The salt or pickled Herring, is of harder concoction, and giveth a saltish and unprofi- table nourishment. They are good for them that want better meat.

Pilchard,

The Pilchard is of like nature to the Herring; but, as it is of pleasanter taste, so it is also somewhat of better nourishment; yet not good for them that have weak stomacks, for it soone cloyeth it with a nauseative

nauseative fulnesse. But being a while well corned with salt, before you use them, their excrementall superfluity is therewith much corrected, and they become lesse fulsome to the stomack, or hurtfull to the body.

Red Herrings and Sprats give a very bad and adusted nourishment, they are only good to excite thirst, and to make the drink very acceptable to the pallat and throat. They are hurtfull to them that are by constitution cholerick and melancholick: I commend them to the *Spaniards* and *Italians*, whereby our Merchants make a good commodity.

Red Herrings
and Sprats.

Anchovas, the famous meat of Drunkards, and of them that desire to have their drinke oblectate the pallat, do nourish nothing at all, but a naughty cholerick blood: they excite the appetite, and by reason of their saltish acrimonie, are also thought to cleanse phlegme from the stomack and intestines. Wherefore they may be convenient for the phlegmatick, so they drink little after them; but in my opinion, the speciall good property that they have, if it be good, is to commend a cup of wine to the pallat, and are therefore chiefly profitable for Vintners.

Anchovas.

In Shell-fish it is to be observed, that some are of soft substance, and are easily digested, some of hard substance, and with more difficulty concocted; but are of firmer and better nourishment.

Shell-fish.

Of all shell-fish, Oysters are of a very moyst and soft substance, and therefore easily digested, and least offend the stomack, except they be taken, as

Oysters.

we commonly say, against stomach: and by reason of the saltnesse of their iuyce, they also make the belly soluble; but they give a light, salt, and phlegmatick nourishment: and therefore they are not only very hurtfull unto thē that be phlegmatick, but also unto all such as have cold and weak stomachs, because in them they abundantly encrease flegme. Vnto cholerick bodies, and such as have strong stomachs, they are agreeable. They must be eaten with Pepper and Vineger, and a Cup of good Claret, or Sack, drunk presently after them: for then they will be the better digested in the stomach, and not so soone converted into flegme. Onions also sliced in the Vineger, and eaten with them, is an excellent correctory for the same purpose, if they shall not be offensive unto the head of him that eateth them. But why are Oyfters usually eaten a little before meale, and that with one-way-bread? For two respects, as I conjecture: the first is, by reason of their subduitory qualitie, concerning the belly, which also is holpen with one-way-bread: The second is, because that through their saltnesse, they excite the appetite.

Oyfters, why
usually eaten
before meale?

Muskels.

Among shell-fish, Muskels are of grossest iuyce, and of worst nourishment, and most noysome to the stomach. They abundantly breed flegme, and grosse humors, and dispose the body unto feavers: wherefore I advise all such as are respective of their health, utterly to abandon the use of them.

Cockles.

Cockles are not so noysome as Muskels, for they are of lighter concoction, and of better nourishment; yet no laudable meat for such as lead a studious

dious or easie kind of life, or have weak stomacks.

The Crab is not of very hard digestion, it is some-
what pleasant to the pallat, and yeeldeth to the body
much grosse nourishment: it is a meat best agreeing
with labouring men, and them that have strong sto-
macks. But to old men, to students and all such as
have weak stomacks, and are subject to oppilations
of the brest, distillations from the head, or are other-
wise wont to be affected in the head, it is very hurt-
full. The fresh-water Crab, is wholsomer than the
Sea-Crab, and that also of the Sea, is the wholsomer,
if it be but taken out of the fresh-waters.

The Lobster is not also easily digested, and there-
fore it quickly offendeth a weak stomack: But be-
ing well digested, it giveth much good and firme
nourishment; but the same is of an hot and ebullient
nature: and therefore it maketh a great propensitie
unto veneriall embracements. I advise young men,
and such especially as are cholerick, and that are of
a hot temperature, to refrain the often use of them:
for unto hot natures they are hurtfull, and greatly
offend the head.

Pranes and Shrimps are of one and the same na-
ture: for goodnesse of meat they excell all other
shell-fish: they are of a very good temperature and
substance, of a most sweet and pleasant taste, not of
hard concoction, and of excellent nourishment. By
reason of their moyst and calorificall nature, they
proritate *Venus*: they are convenient for every age
and constitution of body, with this proviso, that the
stomack be not weak. The Pranes and Shrimps of
Severne excell all other of this kingdome.

Fresh-water
fish.
Trout.

Of fresh-water fish the Trout is most commended; it is somewhat of a cold and moist temper, of an indifferent soft and friable substance, of pleasant taste, of easie concoction, and of good and wholesome juyce. It yeeldeth somewhat a cold nutriment, very profitable for them that have their liver and blood hotter than is convenient: and therefore it is with good reason permitted unto them that are sick of hot Fevers. The Trout is a commendable meat for every age and constitution of body; except for the phlegmatick, that have very cold and moist stomacks. The Trout that is growne great is of harder concoction, and not of so good and wholesome nourishment, as the lesser are, or such as are of a meane bignesse.

Pike.

The Pike is somewhat of firme and hard substance, and therefore a little harder of concoction than the Trout: it is a meat pleasant to the taste, and giveth much and pure nourishment. It is agreeable unto all bodies, especially to them that be young, and such as are by constitution cholerick.

Pikrell.

The Pikrell is the young Pike: It is of easier concoction, and for pleasantnesse of taste, and goodnesse of juyce, it may (in my judgement) be ranked with the Trout, and as well be permitted unto those that be sick; which must only be understood of the River-Pikrell: for that which is taken out of Meeres or other muddy waters, is somewhat excrementall, and of hard concoction.

Perch.

The Perch, if taken out of pure waters, is of a white and pure substance: for pleasantnesse of taste and wholesomnesse of nourishment, it is not inferiour
to

to the Trout or Pikrell, but rather to be preferred before them; but taken out of a muddy or foule place, the nourishment which it maketh, will be (as it is the like in all other fish) the more excrementall. The Perch is usually sauced with butter and vinegar; but adde thereto the powder of Nutmeg, which to this fish is very proper, it becommeth most delectable to the taste, and very gratefull to the stomach. The Spawne of the Perch is of delicate and wholsome nourishment, very good for such as are weak, or of a cold temper of body. The lesser Perches are of easier concoction, and better nourishment than the greater: but if the great ones are kept a day or two, especially transported from the place where they were taken, their substance become more tender, and of easier concoction, very good for every age and constitution of body.

The Carpe is of a sweet and exquisite taste; but the nourishment which it maketh, is not answerable to the taste of it, which if it were, it might well be numbred among the fishes of primest note. It giveth somewhat a slimy, phlegmatick and excrementall nourishment, and quickly satiateth the stomach, especially if it be taken out of impure and muddy waters: wherefore let such as be phlegmatick, or that have weak stomachs, utterly eschew the eating of it. The head and Spawne of the Carpe are for pleasantnesse and wholsomnesse preferred before the rest of the fish.

The Barbell is of a soft and moyst substance, of easie concoction, not of very pleasant taste, or good nourishment; but somewhat muddy and excrementall.

tall. The greater Barbels for goodnesse of meat excell the lesser, because their superfluous moysture is by their age somewhat amended. The Spawne of them is to be abjected, as most offensive and troublesome to the belly and stomack.

Tench.

The Tench is unwholsome, and of hard concoction: it is a muddy and excrementall fish, unpleasant to the taste, noysome to the stomack, and filleth the body with grosse and slimie humours: Notwithstanding it is a meat convenient enough for labouring men, and them that have strong stomacks.

Roch.

The Roch is a fish of easie concoction, of light and meetly good nourishment, not hurtfull to any age or constitution of body, so as the stomack desire it.

Gudgeon,
and Dace.

The Gudgeon, though but a small fish, yet for goodnesse may even challenge the prime place of all fresh-water fish, being very delightful to the taste, of easie concoction, and of pure and wholsome nourishment, agreeable for every age and constitution. The Dace is much in nature and concoction, like unto the Gudgeon, but of lesse nourishment.

Eeles.

Eeles are very pleasant to the taste; but they are of hard digestion, of a slimie, grosse, and phlegmatick juyce, and soone noysome to the stomack. They breed obstructions, because they make a grosse and glutinous nourishment: they are most hurtfull unto them that are subject to the Stone, and Gout, and obstructions of the brest. The Eeles that live and are taken in pure and gravelly waters, are of far more better nourishment than such as live in Meeres.

Meeres, and Pooles, or any other impure places : and those I commend unto them that delight to eat Eeles, and that are more addicted to their pallat, than to their health : for although those Eeles that live in purer waters, lose much of their slimie superfluity ; yet they are never of pure and good juyce, or profitable to the stomack ; much lesse those that live in muddy and filthy waters. Wherefore they are not commendable for any age or temperature ; but they are most hurtfull to them that be aged, phlegmatick, or subject to obstructions. The roasted or broyled Eele is far wholsomer than the boyled, because the fire exhausteth, and consumeth much of the slimie, and excrementall moysture that is in it. And by the like reason the powdred Eele is wholsomer than the fresh, especially for them that be phlegmatick, although it be not so taken of many, that are sweet and dainty-mouthed. To conclude, Eeles whether fresh or salt, are only a convenient meat for poore hard labourers, for them that have very strong stomacks, or that have an indulgent respect to their pallat and appetite.

Craw-fish are of meetly good nourishment, and not of hard concoction ; yet I approve them not for them that have weak stomacks, or are subject to the obstruction of the mesaraick veines. They are best agreeable for such as are of a cholerick temperature of body.

Craw-fish, or
Crevises.

The Puffin is neither fish nor flesh, but a mixt body of both : for it liveth altogether in the water, and yet hath feathers, and flyeth as other fowles do. Whether they be eaten fresh or powdred, they are

Puffin.

of an odious smell, of a naughty taste, of unwholsome nourishment, and very noysome to the stomack. Yet great drinkers esteeme well of the powdered Puffin, because it provoketh them to drink, which is the best faculty it hath: but mark the end of such, and you shall commonly see them, even in their firme and constant age, to have turgid, and strouting-out bellies, and a Dropsey to be the upshot of all their outrageous drinkings.

Whether fresh-fish be more wholsome, than salt-fish.

ALthough some kind of fish, as Eeles, and such like, (which quickly induce a nauseative fullnesse to the stomack) a little salted, be better than the same fresh, because the salt taketh away the fullsomnesse of it, and so maketh it more acceptable to the stomack. Yet fish of long salting, (as is our common salt fish) is unwholsome, and much inferior unto fresh fish. For fresh fish is of farre lighter digestion, and maketh a moist and purer nourishment, and is in some measure, for the most part of it, wholsome for all bodies, especially such as are hot, dry, and cholerick. But salt fish contrariwise is of hard condition, breedeth adust humours, exsiccateeth the body, and is hurtfull to most bodies, especially to them that be cholerick and melancholick. Moreover, if it be much eaten, it hurteth the sight, and causeth itch and scabbinesse, by reason of the sharp biting, and burnt humors which it ingendreth. It doth best agree with the phlegmatick, so the stomack be strong.



Of Egges and Milk.

SECT. VI.

Why do Egges give a more speedy, more pure, and more plentifull nourishment, than any other kind of simple meat?

Egges do not only speedily and purely nourish, by reason of the tenuity of their substance, and excellent aëriall temperament, but also, and that very plentifully, because of an aptnesse that they have in their substance to be assimilated, and agglutinated to the parts of the body: and that by reason of a certaine analogie or likenesse that they have with mans nature: for their whole substance, by reason of their naturall vicinity unto blood, is easily converted into the substance of the body. But this must not be understood of all the egge, but of the yolk only: for the white is of a cold, and phlegmatick nature, and consequently altogether of bad and excrementall nourishment. But the yolk is temperately hot and moyst, of good juyce, without excrement, and the blood bred thereof is firme, pure, and full of spirit, very greatly corroborating the heart. Wherefore egges are not only a most

most accommodate meat in time of health, but also very worthy to be preferred before any other, in the decay of the bloud and spirit. Neither must this be understood of all kinds of Egges, but of Hen-Egges onely, and the Turkey eggs, and the same new. These egges have an excellent aëriall temperament, very agreeable to mans body, and of the two the Turkey eggs do give a more strong and substantiall nourishment. The egges of Ducks and Geese are of ill smell, of unpleasant taste, of grosse substance, and of hard concoction: they are fulsome to the stomack, and give nourishment fitting, but for agrestick bodies. But egges receive great alteration according to their dressing and preparation: for those that are potched are best and wholsomest, and next unto them are those that are sodden in the shels; but those that are roasted or fryed, are not so good; because the heat of the fire consumeth their aëriall moysture. But which way soever they be dressed, there must be care taken that they be not made hard: for then they are oppilative, of hard digestion, of slow distribution, and of unwholsome nourishment. Neither must they be eaten rere, that is to say, little more than thorow hot, named in Latine *Ova sorbilia*, (except in the way of physick, to levigate and make cleare the throat and breast, and to ease the griefes of the reines and passages of urine made with gravell) because through their overmuch softnesse and crudity, they quickly weaken and subvert the stomack. But they must be in a mean betweene rere and hard, which are called *Ova tremula*: and they must be eaten before other meat, because

because they are quickly digested, quickly descend from the stomach, and speedily nourish, especially if a draught of Claret wine be taken after them. And if any man desire a light nourishing, and comfortable Break-fast, I know none better than a couple of potched Egges, seasoned with a little Salt, and a few cornes of Pepper also, with a drop or two of Vineger, if the stomach be weak, and supped off warme, eating therewithall a little Bread and Butter, and drinking after a good draught of pure Claret-wine. This is an excellent Break-fast, and very comfortable for them that have weak stomachs. Egges moderately used, are accommodate for every age and constitution, especially for the elder sort of people, and such as want bloud; but soonest offensive to the cholerick and sanguine, for whom in hot seasons they are not convenient, having a propensity to be converted into choler.

Claret wine
best agreeing
with Egges.
A light and
comfortable
Break-fast.

*Whether Milk doe give unto all bodies a good and
health by nourishment.*

Milk is moyst in the second degree, and more enclined unto cold than unto heat; it is of easie digestion, of much and good nourishment: it impinguateth and causeth the body to wax grosse, and for amending of a dry constitution, and for them that are extenuated by long sicknesse, or are in a consumption, it is by reason of the excellent moistning, cooling and nourishing faculty of it, of singular efficacy. But notwithstanding that milk is of light digestion, and of much and wholsome

Q

nutriture:

Milke not profitable for all bodies.

nutriture: yet it is not good for all bodies; not for them that are subject to windiness of the stomach and belly, or that have impure, weak, and ill affected stomachs, because it increaseth wind, and is by reason of the differing nature of the parts thereof (for it consisteth of a three-fold substance, as shall be hereafter shewed) in a weak, or ill affected stomach, soone corrupted and coagulated: nor for them that are phlegmatick, grosse, and full of moist humors, or subject to obstructions, because it maketh them more to abound with crude, grosse and phlegmatick humors. But being boyled and eaten with sugar, pepper, and other spices, it is lesse windy and more agreeable for such bodies. Now by this which I have briefly shewed, concerning the nature of milk, it may plainly appeare, that the use of it is best agreeable for the hot seasons of the yeere, for young men, and especially for hot and dry chole-
rick bodies: because it doth much refresh them with an excellent cooling and moistning nourishment; and that it is most hurtfull to the aged, to them that be phlegmatick, and that are subject to cold diseases, by reason of the abundance of grosse and phlegmatick humors, which it breedeth in such bodies. Wherefore the use of milk is very hurtfull unto them that are subject to wind, to rheumes, to cold, diseases of the head and sinewes, to the Gout, and Drop-
sie in generall, the stone, or any obstruction of the reines and bladder, obstructions of the brest, liver, milt, stomach and mesaraick veines. And therefore not so much as the drinking of a draught of milk in the morning fasting, as it commeth warme from the
Cow,

Cow, is to be approved unto them that are of a cold constitution, or any way subject to obstructions; whereas for them that are hot and dry by constitution, a large draught is very good and profitable: for it sweetly cooleth, moystneth, and refresheth the dry and thirsty parts of the body, and also expurgeth the sharp and cholerick humors by stoole. Wherefore the drinking of milk not only in the morning fasting, as it commeth from the Cow, but also at any other time of the day, so that it be taken in an empty stomack, is to hot, leane, and dry bodies greatly profitable. But because that milk is apt to corrupt and coagulate in the stomack, you must take with it a little sugar; or if you desire to have it more soluble, pure honey: but sugar is better for them that are by constitution cholerick: for by this meanes it will neither corrupt, nor coagulate in the stomack. And if you also cause a few Spere-mints to be put into the vessell whereinto the Cow is milked, or otherwise steeped one houre or two in the milk that you purpose to drink, the milk will be much the more agreeing with the stomack, and not so apt to coagulate.

Sugar and
Mints prevent
the corruption,
and coagulation
of milk
in the stomack

Milk that is kept till it wax somewhat sowre, is not unto all bodies hurtfull: for the drinking of it is, in the hot seasons of the yeere profitable for them that have hot, dry and cholerick stomacks, especially if the head thereof be taken away, because it greatly cooleth and extinguisheth the raging heat and acrimony of choler. But you must abstaine after the drinking of milk, from other meats or drinks, or any violent stirring of the body (all which will

Cautions to
be observed
upon the
drinking of
milk.

cause it quickly to corrupt or coagulate in the stomach) untill it shall bee digested in the stomach, which in an houres space may be well effected. Neither may you sleep within an houre after the taking of it, because it will make the head heaue by repleating it with vapors. And whosoever shall use to drink milk, because that it is hurtfull to the Gummes and Teeth; for the one it maketh flaccide, and the other subject to putrefaction; must have speciall regard to wash his mouth presently after the drinking of it, with wine or strong Beere, and also to rub the Teeth and Gummes with a dry cloth, for the cleansing away the sliminess of the Milk, and for strengthening the Gummes and Teeth.

The difference
of Milk according
to the
kinds of it.

But of Milk, there is great difference according to the kinds of it. Cowes milk for sound and healthfull bodies is best, for it is fattest and thickest, and consequently, of most nourishment: next unto it, for grossenesse, is Sheepes milk. But for bodies that are with long sickness extenuated, or are in a consumption, womans milk is best, because it is most familiar unto mans body, and even of like nature. And next unto it is Goats milk, because it is of meane consistence; for it is not so fat and thick as Cowes milk, and therefore breedeth not obstructions in the entrals as that doth; nor so thin as Asses Milk, which also in consumptions is much commended: wherefore the nourishment which it maketh, is of a middle nature betweene them both, exceeding wholesome and good. But Asses milk appertaineth rather unto physick than unto meat, for it is of a thin and watrish substance, of a penetrating, cooling,

and

and deterfive faculty, by reason whereof, it is of singular efficacy in consumptions of the Lungs.

Milk, notwithstanding that it seemeth to be wholly of one substance, yet it is compact of three severall parts, of Creame, Curds, and Whey. The first is the very head or flower of the milk: it is of a temperate quality, hot and moyst in the first degree; it is pleasant to the pallat, and very good for the asperity and siccity of the stomack; but it is somewhat of a grosse nourishment, and by reason of the unctosity of it, quickly cloyeth the stomack, relaxeth and weakneth the retentive faculty thereof, and is easily converted into phlegme, and vaporious fumes. Wherefore it is hurtfull to them that be phlegmatick, that have weak stomacks, to old men, and such as are subject unto rheumes, especially in the cold and moyst seasons of the yeere; but unto hot cholerick bodies, and young men that have strong stomacks, it is (especially in the hot seasons of the yeer) no lesse convenient than delightfome: and verily with Strawberries and Sugar, it is for them, for whom it is convenient, a very delicate and wholsome dish. And whosoever he be that delighteth to eat a dish of Creame, let him not be parsimonious of Sugar: for that is the best correctory for it.

Milk consisteth of three severall parts. Creame.

Butter that is made therof, is of like temperature, it is of a moystning, mollifying, maturative, and resolutive faculty: if it be fresh and new, and well tasted, it is very wholsome, especially in the morning fasting, for hot and dry bodies: it giveth a light and dissipable nourishment; it is good for the asperity and siccity of the throat, and for a dry cough.

Butter.

But the too much use thereof weakneth the stomach, and causeth the same to abound with a crude phlegmaticall humor. Wherefore the much use of it is not good for them that be phlegmatick; but for such, salt Butter is more convenient, because it is lesse phlegmatick.

Cheese.

The curdy part of the Milk is of an heavie, grosse, and phlegmatick substance, and of the like nature is Cheese; for it is of hard digestion, and ingendreth ill humours and oppilations. And although it bee the property of all Cheese to breed grosse and oppilating humors; yet it altereth much, according to the newnesse or oldnesse of it. For that which is new, is of a cold, moyst, grosse, and flatuous substance: wherefore for an hot an cholerick stomach it is somewhat profitable; but for them that be phlegmatick or have cold stomachs, it is greatly hurtfull. Old hard Cheese is altogether unwholsome, for it is of very hard digestion, troublesome to the stomach, breedeth choler adust, maketh the belly costive, and is infinitely hurtfull unto hot and dry bodies. Both sorts do very greatly breed the chollick, yliack, and nephritick passions. But that which is a meane betwixt both, so that it have also all the other properties of good Cheese, and especially that it be not tart of the rennet, is farre wholsomer; for it is more pleasant to the pallat, more acceptable to the stomach, and maketh a durable and meetly good nourishment; yet the frequent and too much use of it, breedeth obstructions, and is offensive to a weak stomach. Wherefore it behoveth him that loveth Cheese and his health too, to bee mindfull of that
 proverbiall

proverbiall verſicle : *Cafeus eſt ſanus, quem dat avara manus.* Cheeſe is beſt for them that lead a ſtudious or generous courſe of life, to be eaten after other meat, and that in little quantity; for being thus uſed, it bringeth two commodities. Firſt, it taketh away ſatiety, and ſtrengthneth the ſtomack, by ſhutting up the oriſice thereof. Secondly, it preventeth the ſtoring of the meat, which greatly hindereth and diſturbeth the concoction, by depressing it into the bottome of the ſtomack, which is the chiefe place of digeſtion. Roſted Cheeſe is more meet to entice a Mouſe, or Rat into a trap, than to be received into the body; for it corrupteth the meats in the ſtomack, breedeth aduſt cholerick humors, and ſendeth up from the ſtomack putrid vapors, and noyſome fumes, which greatly offend the head and corrupt the breath. To conclude, the much eating of Cheeſe is only convenient for ruſtick people, and ſuch as have very ſtrong ſtomacks, and that alſo uſe great exerciſe.

Two commodities by eating of Cheeſe after meat.

Whey is cold and moiſt, of an abſterſive and laxative faculty: wherefore it is of excellent efficacie againſt aduſtion of humors, and obſtructions of the entrals, it quencheth thirſt, and evacuateth choler and melancholy by ſtoole: and therefore the liberall uſe of it, eſpecially well clarified, is very profitable in fevers proceeding of choler. The drinking of a large draught of Whey mornings faſting, from the beginning of May unto the end of Auguſt, is for all cholerick and melancholick bodies moſt whoſome: for it qualliſieth the heat of the ſtomack and liver, bringeth the body to a good temperature, abſtergeth ob-

obstructive humors in the stomack and mesaraick veines, mundifieth the bowels, and maketh the belly solluble: white Whey, which commeth by pressing of the curds together, is not so thin and waterish as the former, and therefore not so laxative: it giveth a cold and moist nourishment, very profitable unto cholerick and dry bodies; but hurtfull to the phlegmatick. The like may be said of the Whey that commeth in the making of Butter, commonly called Butter-milk, which if it be used when it is growne a little sowre, excellently represseth the sharpnesse of choler, and is very good for cholerick fluxes. Of milk there are also divers sorts of meats made, which in a common appellation are termed white-meats: they are all, more, or lesse, of a crude, grosse, and obstructive faculty, breeding wind, flegme, and obstructions, especially of the breast: they are convenient for young men, for them that are by constitution cholerick, and that have hot and strong stomacks; but to old men, to them that bee phlegmatick and subject unto rheumes, they are very hurtfull: they are more wholesome and lesse offensive, if they bee well seasoned with sugar, and spice, &c.

White-meats.

But of all the sorts of white-meats, that which is made of wheat decorticated, and boyled in milk, commonly called Frumentie, giveth the most and strongest nourishment; but it is somewhat hard of concoction, and of very slow distribution, by reason whereof it causeth windinesse and obstructions. Wherefore it is not a convenient meat for them that have weak stomacks, and such as live at rest, or are subject

Frumentie.

subject to obstructions, either of the bowels or reins. But for those that use great labours, and that have strong stomacks, it is very profitable. And being strained, and spiced with Cynamon, it is a very good medicinable meat for such as are too laxative, and subject to fluxes and mordications of the belly, proceeding of choler: for it represseth the acrimony of the cholerick humour, and through the slow descension of it, abateth the flux.

There is also the like kind of pottage, and much likewise of the same nature, made of Rice accurately * depilated and boyled in milk; but it is of easier concoction, lesse obstructive, and of better nourishment. Being well made and spiced with Sugar and Cynamon, it is a temperate meat, very pleasant, easie of digestion, and restorative.

Rice-milk
* For there is in the pill or bark of Rice, a caustick or burning quality, very pernicious to the body.

There are also other kinds of food made with Rice, all which are somewhat of hard concoction, and of an astringent faculty. They are convenient for them that have good stomacks, and that use to labour and exercise their bodies; but to the aged, and such as are molested with flegme and obstructions, very hurtfull.

There are also certaine Junkets usually made of Milk, especially in the Summer season, as of the best of the Milk coagulated, there is made a kind of Junket, called in most places a Fresh-Cheese, which is very pleasant to the pallat, and of easie concoction: it asswageth thirst, mitigateth the overmuch heat of the stomack, and moystneth the body, and is therefore in the hot seasons of the yeere very profitable for such as are young, and that are of an

Junkets.

A Caution
concerning
the eating of
Iunkets.

hot and dry temperature. But in them that are past their constant age (except they shall be impensively cholerick) and that have cold stomacks, it breedeth wind, phlegme, rheumes, and obstructions, especially of the brest: and therefore in no wise to bee allowed to the aged or phlegmatick. This, or other Iunkets, or white-meats of like nature, must be alwayes at meales first eaten, or at banquets betweene meales, when the stomack is empty: for being eaten after other meats, or in the middle of meales, they doe the sooner corrupt in the stomack, and breed more plenty of phlegmatick and excrementall humours. How great therefore is the error of eating Custards in the middle, or at the end of meales? To conclude, Iunkets, and all sorts of white-meats, are more or lesse, as I have already said, of a crude, grosse, and obstructive faculty, breeding plenty of phlegme: they are onely agreeable for them that have good stomacks, and that are of an hot and cholerick temperature.

Of



Of Sauces and Spices.

SECT. VII.

Whether in the regiment of health, the use of Sauces is to be allowed, as necessary and wholesome?



Although that hunger be the best sauce for meat, and thirst for drink, and that the best means to get them, is exercise and abstinence for a time; yet besides these naturall sauces, there be other which be artificiall, and some of them very profitable (such are those that are of a delightful sharp taste, of a cutting, penetrating, attenuating, and digesting faculty) because they comfort and strengthen the stomack, disperse the crude superfluities of the same, excite the appetite, make the meat pleasant to the pallat, and acceptable to the stomack, whereupon ensueth the better concoction, and more profitable nutriment.

The commodities of Sauce.

The best and most common of all sauces is salt, which is so necessary for seasoning and preserving of meats, that we cannot well live without it; and therefore it hath beene a good observed custome, to set it first on the Table with bread, and with the same to take it last away. Salt is hot in the second degree,

R 2

and

*Nam sapitescit
male, quæ datur
absque sale.*

and dry in the third : it is of a clenſing, digeſting, attenuating, drying, conſuming, and ſomewhat alſo of an aſtringent faculty. Well therefore may Salt have the firſt and chiefeſt place among ſauces, for beſide that it maketh the meat ſavoury and acceptable to the ſtomack, and exciteth the appetite, by corrugating the mouth of the ſtomack, and titillating the pallat; it alſo cutteth and attenuateth groſſe and clammy humours, preventeth and correcteth putrefaction, by drying and conſuming all crude and moyſt ſuperfluities, coſfirmeth weak and and looſe parts, and helpeth the concoction, eſpecially in a cold and moyſt ſtomack. Hence it may appear how abſurd and voyd of reaſon the conceit that ſome have of Salt is, as that it is much more hurtfull to the health of the body, than profitable, nay and ſo hurtfull, as they think they cannot without danger put a crumme thereof to their pallats. But the immoderate and too much uſe of Salt, by reaſon that it is hot and dry, of a ſharp byting taſte, and dryeth up and conſumeth all the humors of the body, is very hurtfull, eſpecially unto dry and leane bodies: for it annoyeth the ſtomack, exſiccateſt the liver, adureth the blood, dimmeth the ſight, diminiſheth the geniture and ſpirits, cauſeth itch and ſcabbinelle, and in a word, corrupteth and ſpoyleth the habit of the whole body, making it ſoone old, riv'led, and deformed.

The diſcommodities of the too much uſe of Salt.

Vineger.

Vineger is the ſecond ſort of ſauce, which is in common uſe : it is judged with a generall conſent, to be dry in the ſecond degree; but concerning the other qualities, there is great variance: for ſome attribute

tribute unto it a cold quality, because it cooleth and represseth heat, and some an hot, which may also be easily proved; but in my judgement, it is more cold than hot, and so much the colder, as it is made of the smaller wine. It provoketh appetite, as Salt doth, it vehemently penetrateth, cutteth, and extenuateth grosse humours, by reason of the sharp tenuity of it; it abateth the fervent heat of choler, and strongly preserveth the humors from putrefaction, by reason of the cooling and drying quality of it; and therefore the use of it, in time of pestilence, is very profitable. It also helpeth the soft and rheumatick swellings of the gummes. It agreeth best with the cholerick, because it represseth their choler, and worst with the melancholick, because it increaseth their cold and dry distemperature. The much use thereof is, by reason of the cooling, drying and also mordicant quality of it which it hath, by reason of some heat which it still reserveth of the wine, very hurtfull to the stomack, liver, lungs, intestines, matrice, and sinewes: wherefore I advise women, and them that be old, that are leane, that have cold stomacks, weak lungs, and feeble sinewes, carefully to eschew the much and often use of it, and to correct it by the admixture of Sugar. And above all, I wish Maidens to forbear the drinking of Vineger, or eating of sops or toasts dipped therein, to make them leane and low-coloured, lest that by over-peircing, cooling, and drying their liver, they acquire a big belly (I mean a dropsie) with a lean and ill-favoured face. Vineger that is made of White-wine is more opening, and that which is made of

The discom-
modities of
the over-much
use of vineger.

R 3

Claret,

Claret, more binding; wherefore White-wine Vineger is generally to be preferred, and it is also much the better for the stomach and spirits, if it be rubified, by macerating the leaves of red Roses in it; but for them that have loose stomachs, Claret-wine-vineger is most accomodate. The often or much use of vinegar is greatly hurtfull to them that are of a melancholick temperature, and to all such as are subject to the Gout, the Palsie, or other affects of the sinewes.

Rose-vineger.

Verjuyce.

Verjuyce which is made of sowre or unripe grapes, of crabs, or other unripe sowre apples, is like to vineger in operation, saving that it is of a more cooling nature, and therefore more agreeable for hot and cholerick bodies. It refresheth an hot stomach and liver, represseth cholerick fumes, and raiseth up the appetite dejected through much heat, labour, or exercise: wherefore it is very profitable for hot and cholerick bodies to bee used in way of sauce, and for hot and cholerick diseases, in way of medicine; but it is hurtfull to the aged, and to all cold and phlegmatick bodies. Eisell, or the Vineger which is made of Cyder, is also a good sauce: it is of a very penetrating nature, and is like to Verjuyce in operation; but it is not so astringent, nor altogether so cold.

Mustard.

Mustard is a sauce in common use with sundry meats, both flesh and fish, especially those of the grosser sort. It is hot in the fourth degree, and is of a dissolving, attracting, extenuating, and dissipating faculty. It very strongly heateth the stomach, cutteth, extenuateth, and scattereth grosse and phlegmatick

humors, openeth the obstructions of the breast, helpeth the concoction and distribution of meats of grosse substance, comforteth the stomach, and dryeth up and consumeth the superfluous moisture in it. Moreover, it vehemently pearceth the braine, and wonderfully purgeth it from superfluities: and therefore the use of it is very profitable for them that be subject unto cold diseases of the head and sinewes, as the Epilepsie, Lethargie, and Palsie: for it openeth the passages, and dissipateth and consumeth the humors oppilating the nerves: wherefore as it is a good sauce, so it is also very medicinable. It is a most wholesome sauce for them that be phlegmatick, and that have cold and moist stomachs, especially in a cold and moist season; but the often and much use thereof is hurtfull unto cholerick and dry bodies.

Orenge differ in their temperature, according to the sweetnesse or sowrenesse of their juyce: for the sower the juyce is, the colder it is, and the more penetrating; but yet with the greater astringion following, and the sweeter it is, the more hot and lesse penetrating, without any or little astringion concurring. The sweet Orenge are not fit for sauce, because they subvert the appetite, and cause lothsomnesse in the stomach; yet to such as are of a melancholick temperature, they are, by reason of their temperate heat and sweetnesse, somewhat profitable, The sowe Orenge are cold and dry in the second degree: they quench thirst, excite the appetite, and repress cholerick vomitings: they coarctate the breast, and astringe the belly, which are

Orenge.
two.

two pernicious properties : wherefore they are greatly hurtfull to the phlegmatick and melancholick, and them that are straight-chested. But Sugar correcteth their acidity, and bringeth them to a better temperament. They are convenient for hot and dry bodies, so they be not affected with coarctation of the brest, or astringtion of the belly. Those that are of a meane taste betweene both, that is, neither too sowre, nor too sweet, are cold in the first degree, and temperately dry: they are best for sauce, because they are more acceptable to the taste, and more profitable to the stomack. They are profitable in feavers, to extinguish thirst, and inhibit putrefaction of the humors. Orenge sliced and sopped in Rose-water and Sugar, are very good to coole and refresh the stomack in feavers, and so they are also at other times, for an hot and cholerick stomack; the pulp or medullary substance of the Orenge is not good to be eaten, except of them that have very hot and cholerick stomacks, but the juyce only, because it breedeth a crude and ill juyce, and is not easily digested. The rindes of Orenge are hot in the first degree, and dry in the second, being preserved in Sugar, and taken in small quantity after meat, they very greatly comfort a weak stomack.

Lymons.

Lymons are like in nature unto Orenge, saving that as they are sowrer, so are they colder and more peircing, by reason of the tenuity of their substance, wherefore the juyce of them hath an admirable force, of cutting, penetrating, extenuating, and cooling: it stirreth up the appetite, comforteth the
stomack,

stomack, restraineth vomiting, and is therefore very good for them that have nauseative stomacks. It mightily cutteth and attenuateth grosse humors, asswageth thirst, mitigateth the sharpnesse of choler, and inhibiteth the increase of it. It also excellently cooleth and refresheth an hot liver; corroborateth the heart, and is of singular efficacie against acute and malignant Feavers; for it defendeth the humors from putrefaction, and correcteth those that are putrified. There is not so pleasant a sauce to be found as this of the Lymon, and it giveth a grace to all other sauces: it is sower than Vineger, more cooling and more piercing, free from any acrimonious or mordicant quality, and therefore more delectable, and more wholsome than it. It is for hot and cholerick stomacks the best sauce, and against the vehemency of choler there is not a better medicine; for it mightily represseth, and extinguisheth the fervent heat of it. It is hurtfull to them that be phlegmatick, and also to the aged, except choler shall happen to domineere in their stomacks.

The Citron is like in nature to the Lymon; but Citrons. it is thought to have a more speciall property against malignant and pestilentiall Feavers, and to comfort the heart. The rindes, and also the white pulp of Citrons, and Lymons preserved, doe comfort the stomack, help the concoction, corroborate the heart, and are very good against melancholy.

Olives, if they be ripe, are temperately hot, they Olives. are eaten with salt, of the inhabitants where they grow; but they are neither good for sauce, nor for
S meat,

meat, for they weaken the stomach, and breed a putrile and unwholsome nourishment. But the Greene and unripe Olives are cold and dry, of an astringent faculty, and these are the Olives, which are usually eaten with meat, to excite the appetite. They are gathered while they be Greene, preserved in pickle, and so transported. They excite the appetite, cleanse phlegme from the stomach, corroborate the mouth of it, and stay vomiting; but they are hardly digested, excite thirst, breed grosse and melancholick humors, and being abundantly eaten, they cause head-ach, and make the belly costive, especially those that are preserved only in salt: wherefore they are not so wholsome a sauce as they are esteemed. They are preserved onely in salt, or in a pickle of salt and vinegar. Those that are preserved in salt, are hotter than the other, for they are hot in the second degree, and of greater force in cleansing of phlegme from the stomach: and therefore they are best for them that be phlegmatick; and worst for the cholerick. But those that are preserved in a pickle of vinegar and salt, are of a more temperate nature; they repress choler, and stay vomiting more than the other do, and are convenient for every age and constitution, especially for the cholerick, and therefore they are to be preferred before them. But which way soever they are preserved, the Greene or greenish Olives are to be chosen, and the yellowish or blackish rejected, as abominable for sauce or meat: for the yellow ones were too ripe before they were gathered, and the blackish are putrified. The salt liquor or pickle, wherein they are preserved,

ved, is an excellent remedie against soft and flagging gummes, and loose teeth, if they be washed and rinsed therewith somewhat hot.

Capers are very necessary for the preservation of health: they are preserved in vinegar, or in salt, or in a pickle or brine made of them both, which is the best way: Being thus preserved, they are hot in the first degree, and dry in the second: they are of an absterfivè and opening faculty, they give very little nourishment; but they excite the appetite, notably cleanse away flegme adhering to the stomach and guts, kill worms of the belly, and open the obstructions of the liver, but especially of the milt: wherefore the often use of them with meat, is very profitable to phlegmatick and melancholick bodies, to such as have moyst and waterish stomacks, that are short-breathed, that have hard an ill spleenes, and subject unto quartaine fevers. Before they be used, the salt must be washed off cleane from them, and they a little while steeped in cleane water, and after that eaten (as other sallads be) with Vineger, and Oyle also, if it shall like the eater; or if they be eaten with Oximell, they will not only be the more acceptable to the taste, but more effectually also for the purposes aforesaid. Currans also for splenetick bodies are good to be eaten with them.

The young tender buds of Broome are in the Spring time gathered and preserved in pickle, in the same manner as Capers are: they excite the appetite, and open the obstructions of the milt and liver no lesse than Capers doe, and are also very profitable in obstructions of the kidneys:

Buds of
Broome.

wherefore they may well be used with meat as Capers are.

Ash-keyes.

Ash-keyes, commonly called Kite-keyes of the Ash, being while they are young boyled and preserved in pickle made of Vineger and Salt, make a most wholsome and profitable sauce to excite the appetite, mundifie the stomack, and to open the obstructions of the spleene and liver. Moreover, they provoke urine, and incite to *Venus*. This sauce of Ash-keyes is very profitable for them that have weak and windie stomacks, especially for the elder sort of people, and such as are subject to the stopping of the spleene and liver, which parts it doth not only effectually open, but also greatly corroborate.

Sampier.

Sampier is in the like manner preserved in pickle, and eaten with meats: it is a very pleasant and familiar sauce, well agreeing with mans body. It is hot and dry, of an absterfive and diuretick faculty: it exciteth the appetite, comforteth the stomack, openeth the obstructions of the liver, milt, and especially of the kidneys and bladder, by provoking urine: wherefore it is a necessary sauce for them that are subject to the stone, and convenient for every age and constitution of body.

Radish.

Radish is also used as sauce with meats, but it is a very hard one, and not so wholsome as most men deeme them: it is hot and dry, and of an extenuating faculty. Those that are very tart in taste, are hot in the third degree, and dry in the second. They are accounted the best, that are cleare, tender and tart in taste, and so they are, because they are of easier concoction,

concoction, and do more delight the Pallat. Some Physicians commend the eating of Radishes before meat, because they excite the appetite; and some after meat, because (as they say) they help the concoction, by depressing the meats; but I constantly affirme, howsoever they oblectate the pallat, depress the meats, or excite the appetite, that they are neither good before meat, nor after meat, nor together with meat, especially being eaten in any large quantity. They are not good to be eaten before meat, for because that they are with much difficulty digested, and make long stay in the stomach, they hinder both the descension and concoction of the meat that is taken after them, and are also the cause of stinking belchings, which are farre greater hurts, than the exciting of the appetite is a commodity. Neither are they good to be eaten after meat; for by reason of the hardnesse of their substance, they rather oppress the stomach, than any way help the digestion, breed windinesse, and cause noysome belchings, yea, though they be taken (even as we do cheese) in small quantity. But our usuall manner in England is to eat them together with meat as a sauce, which seeing they are of harder digestion than the meats, is the worst way of all; for being in such manner taken, they greatly oppress the stomach, ingender raw humors, and abundance of wind, cause lothsomnesse, disturb and hinder the concoction of the meat that is taken with them, raise up noysome fumes and most offensive belchings, which are very hurtfull to the eyes and head. Wherefore I conclude, that they are unwholsome any way to be eaten.

Radish neither
good before
meat, nor after
meat, nor to-
gether with
meat.

(especially for them that have weak stomachs) except for them that be Pallat-pleasers, and that they are onely good to be used in the way of physick: for they heat, cut, and attenuate grosse humours, provoke urine, and procure vomiting. And verily this their heating, cutting, attenuating, and vomitory faculty, is the principall cause, by working upon the humors and meat in the stomach, that they break, or rather breed and raise up so much wind, and avoid it by belchings.

Why Radishes
breed much
windinesse and
belchings.

Oyle.

Oyle Olive, which we commonly call Sallet Oyle, if it be of the ripe Olives, is moderately hot, and maketh the belly soluble: but by reason of the unctuous substance and nauseous sweetnesse of it, it dejecteth the appetite, annoyeth the stomach, impingua-teth the liver, and increaseth the substance of it: wherefore it is in no wise to be used as a sauce with meats. But the Oyle that is made of the unripe Olives, which is called Oyle Omphacine, is not so grosse and fatty, as the other, and inclineth to a greenish colour: it is somewhat of a cooling and astringent faculty, by reason whereof, it strengthneth the stomach, and represteth the too much tenuity, and fluxibility of the blood in cholerick and sanguine bodies: wherefore the use of it for them that are healthy, is very convenient. Of Butter, which is of great use in sauces, I have spoken in the precedent Section.

Oyle Ompha-
cine.

Honie.

Honie is hot and dry in the second degree, and of an absterfiv and soluble faculty: wherefore it is very wholesome for them that be old, for such as are phlegmatick, and of a cold and moyst constitution, especially

especially in the cold seasons of the year. It is very profitable for such as be asthmatick or short-breathed, and that are subject unto rheumes, so that they be not of a cholerick constitution, because it doth notably cleanse and mundifie the breast and lungs, of phlegmatick and rheumatick humors. Wherefore I wish all such as are of a phlegmatick constitution, to accustome the eating of Hony mornings fasting, and to walke an houre after it; but it must not be immoderately taken, for, notwithstanding that it is of a cleansing and opening faculty; yet for all that, if it be taken in too large a quantity, it will obstruct and cloy the stomack, because it consisteth of a grosse substance. But the use of Hony is hurtfull to them that are of hot complexion, because it inflameth the blood, and is quickly (by reason of the acrimony of it) converted into choler: it is also hurtfull to such as abound with wind, especially the crude and unclarified Hony, because there is in it a windy and excrementall moysture. The way to clarify it, is to put unto it a little water, and so to boyle it, and scum it so long as any froth ariseth: for by this meanes the tartnesse and flatulent moysture of it, is for the most part taken away, and consequently becommeth a more wholsome medicinable nourishment. That is the best hony, which is hard in the vessell, and curded like Sugar, and which is also of a true and delectable sweetnesse, of good sinell, and of a cleare yellowish colour; or if it be of a whitish colour, so that none of the said notes of goodnesse be wanting in it, it is never the worse. New hony is better than old, because some of the moysture

The eating of Honic mornings fasting, very profitable for phlegmatick bodies.

Hony for whom unwholsome.

Clarified Hony.

Notes of the best Hony.

New Hony why better than old.

sture of it is in continuance consumed, whereupon it becommeth more dry and tart in taste.

Sugar.

Whether Sugar be wholsomer than Hony.

Sugar is temperately hot and moyst, of a detestive faculty, and good for the obstructions of the breast and lungs; but it is not so strong in operation against phlegme as hony. And here it may bee demanded, whether Sugar or Hony be the better? Whereunto I answer, that Sugar is generally more wholsome than Hony: for it is of a better temperature, of pleasanter taste, not so fulsome as Hony, and therefore more acceptable to the stomack, and consequently farre better for sauce, and nourishment. It may be given in feavers, because it doth not inflame the body, nor so soone turne into choler as hony doth; and to conclude all in a word, Sugar agreeth with all ages, and all complexions; but contrariwise Hony annoyeth many, especially those that are subject to inflammation of the liver, that are leane, of a cholerick temperature, or full of wind in their bodies. Hony is onely better for the aged, for them that are of a very cold and moist constitution, and that have their breasts stuffed with flegme, for it hath a notable heating, opening, cleansing, and munitifying faculty. Water and fine Sugar only brewed together, is very good for hot, cholerick, and dry bodies, that are affected with phlegme in their breast: for through the coldnesse and moysture of it, it excellently tempereth the heat and siccity of the breast and stomack, and cleareth them of phlegme. Sugar, by how much the whiter it is, by so much the purer and wholsomer it is, Which is evident by the making and refining of it. It is made much after
the

the same manner and forme as white salt is. The Sugar is nothing else but the juyce of certaine Canes or Reeds, which is extracted by boyling them in water, even after the same manner and fashion as they do Salt. This first extracted Sugar is grosse, and of red colour: it is hot and dry, somewhat tart in taste, and of a deterfie faculty: by longer boyling, it becommeth hard, which we call Red Sugar-Candy; which is only good in glysters, for to cleanse and irritate the expulsive faculty. This grosse reddish Sugar is againe mixed with water, and boyled and commeth to be of an whitish colour, lesse hot, more moist, and more acceptable to the taste and stomach. This kind of second Sugar, we call common or kitchin Sugar. This being the third time diluted, and decocted, is of an excellent temperament, most white, and of a singular pleasant taste: this is the best, purest, and wholsomest Sugar, which giveth a grace unto whatsoever it be mixed with. And this by farther boyling becommeth hard, and of a resplendent white colour, which we commonly call White Sugar-Candy: this is the best Sugar for diseases of the breast, for it is not altogether so hot as the other Sugar, and is also somewhat of a more pure and subtile moysture. Wherefore it excellently asswageth and moysteneth the asperity and siccity of the tongue, mouth, throat, and windpipe; and is very good for a dry cough, and other infirmities of the lungs: it is most accomodate for all hot and dry constitutions.

Red Sugar-Candy.

The best Sugar.

White Sugar-Candy.

There are divers kinds of mixt sauces devised and composed by the skill of Cookes, to oblectate the

T

pallat

Compound sauces.

pallat and throat, to excite the appetite, and to adde a grace unto bad meats, which of ingurgitating belly-gods are greatly esteemed. But I advise all such as are respective of their health, to refraine the use of all confused sauces; or to be very circumspect, not only in the use of them, because they allure the stomack to a gluttonous taking of meat; but also in the choice of them: for they only are wholesome, that are somewhat of a sowre taste, by putting to them a convenient quantity of Vineger, Verjuyce, or the juyce of Orenge or Lymons. But let temperate men, and such as are studious of their health, content themselves with the simpler kinds of sauces, because they are for the stomack and health of the body most convenient.

*Whether Cinnamon bee the best and wholesomest
of all Spices.*

Cinnamon is hot and dry in the second degree, of thinne parts, and of an excellent aromaticall substance, with some astringtion adjoyning: for fragrancy of smell and jucundity of taste, it excelleth all other spices: it strengtheneth the stomack, preventeth and correcteth putrefaction of humors, resisteth poysons, exceedingly comforteth the principall parts, especially the heart and liver, and reviveth the spirits. It also openeth obstructions, and strengthneth the retentive faculty of all the parts, by drying up and consuming the crude and excrementall moysture. It is convenient for all bodies, especially for them that are of cold and moyst

tempe-

temperature, and that have weak stomacks; but the over-much use of it, is hurtfull to such as are by constitution cholerick. Of one pound of Cinnamon grossly beaten, a pound of white Sugar, a gallon of Sack, and a quart of Rose-water, steeped together 24. houres, is drawne by distillation, a water of singular efficacy against fowning, debility of the spirits, and principall parts. Wherefore I wish every man, that is respective of his health and life, especially such as are of a weak nature, never to be without it, and to take now and then a spoonfull or two, especially when occasion shall instant the use of it.

Cinnamon
water.

Next unto Cinnamon, for goodnesse and aromaticall substance, are Cloves: they are hot and dry in the third degree, they are not of so penetrating a force as Cinnamon, but more heating and drying; they consume, and dissolve crude and windie humors, comfort, and corroborate all the principall parts of the body, especially the stomach and heart, excite Venus, help the concoction, discusse wind, and make the breath sweet, stay vomiting, and fluxes of the belly proceeding of a cold cause or weaknesse of the retentive faculty: And as they are very good for a weak, cold, and windie stomach, so are they also for a liver collapsed by cold. They are very profitable for the aged, for such as are phlegmatick, and subject to rheumes, especially in the winter; but the often and much use of them is hurtfull unto cholerick and dry bodies.

Cloves.

Nutmeg and Mace are of one and the same facultie: they are hot and dry in the second degree, some-

what of an astringent facultie : they strengthen the stomach, especially the Mace : they comfort the braine and animall faculties, especially the Nutmeg; they stay seminall fluxes, and are good for cold uterine affects, especially the Nutmeg: they discusse wind, and inhibit fluxes of the belly proceeding from a cold cause, or weaknesse of the retentive faculty. They are good for old, cold, and phlegmatick bodies; but the much use of them, by reason of their dry temperature, and astrictive faculty, is hurtfull to cholerick and melancholick constitutions, and them that have costive bellies.

Nutmegs
condited.

Nutmegs preserved in Sugar, as soone as they be taken from the tree, are of a very pleasant and delightful taste, and of most profitable use, for comforting of the stomach and braine, to be eaten now and then, especially in the mornings fasting, and presently after meales : and because they are of a lesse drying and binding faculty; they are very good for every state and constitution of body. Wherefore I advise all those that have weak stomachs, and that live a studious kind of life, never to bee without them, that they may take of them at their pleasure.

Pepper.

All the sorts of Pepper are hot and dry in the height of the third degree, if not in the beginning of the fourth: they are of an heating, and resolving faculty : they excite the appetite, comfort the stomach, help the concoction, and all cold diseases of the breast and stomach, by concocting, dissipating, exsiccating, and expelling crude and flatuous humors: they also strongly heat the sinewes and muscles, and cold parts. The round black Pepper is in greatest

rest use for sauce and seasoning of meats : it must be moderately used ; for otherwise , by reason of the acrimonious heat that it hath , it will quickly inflame the bowels , adure the blood , and consume the genitall seed . By reason of the tenuity of its substance , it must be but grossely beaten , that the heat thereof may longer continue and operate in the stomach : for being smally beaten , it will make lesser stay in the stomach and mesaraick veines , and by reason of the penetrating force of it , sooner over heat and dry the liver , provoke urine , inflame the bloud , and the reines . It is a spice , most convenient for cold , moist , and grosse meats , for cold and moist seasons , for the aged , for the phlegmatick , for them that have cold , weak , and windie stomachs , and that are subject to distillations . But to hot cholerick , and dry bodies , the much or often use therof is very hurtfull , especially in hot and dry seasons .

Ginger is the root of a certaine plant growing in Barbarie and other hot Countries : being greene and newly digged up , it is hot in the third degree , and moyst in the first ; but when it is growne dry , because that the moysture of it is consumed , it is dry in the second degree , if not in the third : it is of an heating and digesting quality ; but it heateth with a more durable heat than Pepper doth , and therefore it is more convenient for a cold and moist stomach , for which it is of singular efficacie : it discusseth wind , helpeth the digestion , and consumeth crude and phlegmatick humors . It is very profitable for the aged , for such as are phlegmatick , and full of crude , flatulent moysture in their stomachs ,

Ginger.

especially in cold and moist seasons ; but the use of it is not so good in hot seasons, nor for them that are by constitution cholerick , because the often and much use of it will inflame , and distemper hot and dry bodies.

Greene Gin-
ger.

The greene rootes preserved, which wee commonly call greene Ginger , or Ginger condite, are of pleasant taste, very good to be eaten oftentimes, especially mornings fasting, of them that have weak stomacks , and bad memories , and that are subject unto rheumes : for they greatly comfort the stomach and head, and are also very accommodate for all the purposes aforesaid. Wherefore the use of them is for old men and Students most profitable.

Candied Gin-
ger.

They also increase the geniture. They are preserved two wayes, either in a syrup of sugar, or covered over and incrustated according to Art with sugar, which we commonly call Candied Ginger: this is the best for them that be very phlegmatick, and rheumatick, and that have very cold and moist stomacks , because they are of a more exsiccating nature ; but the Ginger that is preserved in syrup , is more convenient for all other bodies , and for the purpose last above recited, because it dryeth not, as the candied Ginger doth, but is rather hot and moist in quality, by reason of a substantiall moisture that it receiveth from the syrup wherein it is preserved. The roots that are preserved in syrup, while they be fresh, greene, and full of juyce, are of soft and tender substance, and of a most pleasant taste: whereby you may detect the fraud of them, that boyle the dry Ginger, to make it soft, and afterward put it in-

to

to a syrup, and sell it for greene condite Ginger: for it is somewhat blackish, tough, and hard in biting, and not so delectable in taste.

Saffron is hot in the second degree, and dry in the first: the moderate use of it wonderfully refresheth, comforteth, strengthneth, and exhilarateth the heart: for there is so great society betwixt it and the heart, that it is without delay carried thither, and for that cause it is mixed with all cardiacall medicines. It expelleth and preserveth from all pestilentiall infections, it openeth the obstructions of the liver and gall, and is therefore good against the yellow Jaundise: it provoketh the menstruall courses, and birth, and therefore women with child must carefully shun the use of it: it also dilateth the breast: openeth the obstruction of the lungs, and is for them that be short and thick breathed, the last and greatest remedy. But if it be not moderately used, and that in very small quantity at a time, it is hurtfull and dangerous: for it causeth the head-ach, and offendeth the braine and senses, by sending up sharp fumes: it also dejecteth the appetite, and causeth faintnesse, by too much relaxing the heart, and powring out the spirits.

Saffron.

Of



Of Fruits, Roots, & Herbs, that serve for meat, and are usually eaten.

SECT. VIII.

Whether new fruits eaten raw, yeeld any wholesome or profitable nourishment to the body.



Lthough all new fruits that abound with moyſture, as moſt doe, may ſeeme to be judged unwholſome to be eaten raw, by reaſon that they fill the body with crude and wateriſh humors, that diſpoſe the blood unto putrefaction; yet the moderate and tempeſtive uſe of them, may be very good and profitable, for ſuch as uſe to heat and dry their bodies with great labour and exerciſe, for all hot conſtitutions, eſpecially for the chole- rick, becauſe they extinguiſh thirſt, coole and moy- ſten the body, and repreſſe the vehement heat and ebullition of choler. But to the phlegmatick, and ſuch as have crude ſtomacks, all raw fruits, eſpeci- ally thoſe that abound with moyſture, are greatly hurtfull, as hereafter ſhall be particularly demon- ſtrated.

And here, before I begin to diſcourſe of alimen-
tary

Four degrees
in the qualities
of Simples.

tary Simples, I will advertise the Reader somewhat, for his better understanding, concerning the foure degrees of qualities, that Physicians constitute and define to be in Simples: as those are said to be hot or cold, &c. in the first degree, that alter a temperate body; yet if they be hot or cold, &c. but in the beginning of the degree (for every degree hath so ample a latitude, that in every one we constitute three stations, and therefore of those things that are in the first degree, some are said to be in the beginning of the degree, some in the middle, and some in the end) they do not so evidently alter, but that some considerative examination is needfull for discerning of the alteration. In the second degree are those that do so manifestly alter, as that there is no more need of examination, or conjecture, for understanding of the alteration: and of this sort are hony and figs for heat, and lettuce for coldnesse and moistnesse, &c. Of the third degree are those that doe strongly alter, as Hyssop, Time, Cloves, Sack, if it be not new: and in the same degree you shall find Time to exceed Hyssop in heat. Of the fourth degree are those, that do very greatly and vehemently alter, such as in heating are of a burning force, and in cooling of a stupifying. Wherefore that may be said to be hot or cold, &c. in the first degree, which is but slenderly perceived of the gustative sense: that in the second, which is very manifestly percived: that in the third, which is so strongly perceived, as that it somewhat offendeth the sense: and that in the fourth, which very greatly affecteth and annoyeth both the sense and body. And

thus much concerning the understanding of the foure degrees in the primary qualities of Simples. And now because that all fruits, roots, and herbs have for the most part some medicinable faculty, and are also oftentimes offensive unto man, because they engender crude, grosse, and flatulent humors, I will particularly write of such as be in use among us in *England*, declaring their hurtfull qualities with their good, and how they may be rightly used, and of whom, with most profit, and least hurt: And first of all of Apples, because of all fruits they are most plentiful among us.

Apples.

Apples are of a cold and moyst temperature, abounding with a superfluous, crude, and windie moysture: yet more, or lesse, according to the different kinds of them: for there are many and sundry sorts of Apples, whose divers natures and faculties may, by the difference of their substance and taste be best knowne and described. For those Apples that are of a solid substance, give a more plentiful and durable nourishment; but they are more hardly digested, and more slowly distributed. Those that are of a soft substance, are easily digested, and distributed; but they give a thinne, waterish, and excrementall nourishment. But those that are of a mixt substance, that is, neither too hard, nor too soft, are both for concoction, and also for nutriment the best. Now, as concerning the taste, some Apples are sweet, some sowre, some of a middle taste, both sweet and sowre. The sweet Apples are not so cold as the other be, but are rather hot in the first degree: wherefore they yeeld more nourishment than other

other Apples do, and the same not so moist; but they are not so pleasant to the taste, nor so acceptable to the stomach. The sowre Apples are cooling, and therefore they yeeld little nourishment, and the same cold and crude; but the raw juyce of them, by reason that it is of a cooling, cutting, and penetrating faculty, with some small astringency also adjoyning, is good for an hot cholerick stomach, because it mightly represseth the fervent acrimony of choler. But those Apples that be of a middle taste, that is, such as are both sweet and sowre, are for pleasantnes of taste, acceptableness to the stomach, goodness of juyce, and wholesomenesse of nourishment, beside their medicinable quality against melancholy, and melancholy affects, the best and wholesomest: for they attemper the siccity of that humor, and corroborate the heart by their comfortable favour, and the stomach, by their light astringent faculty. Such are our Queenings and Russettings, as the principallest, and next our Rosiers, Pearemaines and Pippins, &c. There are also some Apples that are insipid, or without taste: they are of a waterish substance, altogether unpleasant to the stomach, and unprofitable for meat. All Apples generally are unwholsome in the regiment of health, to be eaten raw, or before they be full ripe, or soone after they be gathered, except of them that have hot cholerick stomachs, because they engender, crude, waterish, and flatulent humors; but if they be baked or roasted, by reason that their flatuous crudity is by the heat consumed, they become more digestible, more wholsome, more pleasant to the taste,

Why some
Apples putri-
fie sooner than
other?

and more acceptable to the stomack. Apples may be eaten raw with least detriment in the winter, and all the yeere following, according to the durableness of them (for they do soonest rot, that are of soft substance, by reason that they have greatest store of moysture, and those are longer kept which are of harder substance, because there is in them lesse store of moysture: for the abundance of excrementall moysture is the cause why they putrifie) because by that time they lose much of their waterish and excrementall moysture. And they are best to be eaten last after meat, because they confirme the stomack, make good digestion, especially in a cholerick stomack. And they are also good to be eaten at going to bed, of them that have hot and cholerick stomacks, or that are distempered by drinking much wine, or other strong drink, because they coole the stomack, and repress the vapours, that ascend to the head. Wherefore I conclude, that Apples are most convenient for young men, for them that be cholerick, and that have hot strong stomacks; but to old men, to them that be phlegmatick, that have cold and weak stomacks, and that are subject to aches of the sinewes and joynts, they are very hurtfull, especially if they be eaten raw.

Pearces.

Pearces are much of the nature of Apples, and of the same temperature; but they are somewhat of a binding quality, especially those that be of an harsh and sowre taste. The difference of them must be discerned by their taste and substance, even as of Apples. Those are the best, which are of a pleasant sowre-sweet taste: for they comfort the heart, the
stomack,

stomack, and assuage thirst. Peares make a waterish and corrupt blood, and engender the windy-collick: wherefore they are very hurtfull to the aged, to them that be phlegmatick, that have cold stomacks: and that are subject to the windy-collick; but they are wholsome enough, or at leastwise lesse hurtfull, for hot, dry and cholerick bodies, especially if they eat them not immoderately. They are most hurtfull to be eaten before meat, because they bind the belly, especially those that be somewhat sowre, and fill the stomack with crude and flatulent humours. They are best to be eaten after meat, because they fortifie the digestion, repress the ascending of superfluous vapors to the head, by strengthening and shutting up the mouth of the stomack, and by reason of their compressive faculty, being eaten after meat, they make the belly solluble, and help the subduction of excrements. Baked Peares are much wholsomer than raw, and more agreeable to every age and constitution, especially to the phlegmatick: they are acceptable to the taste and stomack, easily digested, and give a good and wholsome nutriment.

Peare-Wardons, in regard of the solidnesse of VVardons. their substance, may be longest kept: they are of all sorts of Peares the best and wholsomest. They are not to be eaten raw, because that, in regard of the durity of their substance, they are very hardly digested, and breed a crude and flatulent humour; yet they may be to an hot and cholerick stomack well liking and agreeable, especially after the drinking of much strong wine or beere, because by sigil-

V 3

lating.

lating the mouth of the stomach, and also by reason of their cold and crude substance, they repress and infrigidate the hot fumes that vaporate to the head. But being baked or roasted, they are a delicate meat, and not only good for them that be healthy, but also for such as be sickly, or sick, because they are very pleasant to the taste, and acceptable to the stomach, easily digested, greatly comfort and refresh a weak stomach, and give unto the body very good and wholesome nutriment.

Quince.
Peares.

Quince-Peares are of a very hard and wooddish substance: as they are very unacceptable to the taste and stomach, so they give unto the body a very unwholesome and earthy nourishment. They are only good for them that affect strange varieties, and that do love with great expence, to metamorphize meats of bad juyce.

Quinces.

Quinces are cold and dry, and of a binding faculty, they are good to stay vomitings, and all kinds of fluxes. Those that are a little sweet, are not so cold, nor so binding, as those that be sowre: for the sowre ones are cold and dry in the second degree, and of a strong binding faculty. To be eaten raw, they are no better than raw Beefe: for they are very hard of concoction, of unpleasant taste, and of most unwholesome nourishment. But the juyce of raw Quinces taken by it selfe, or with a little Sugar, especially of the sowre ones, may be very good for an hot & cholerick stomach, for cholerick vomitings and fluxes, and for cardiacall paines of the stomach, because it quencheth the thirst, and mightily representeth the acrimony of choler. Quinces baked with
Sugar,

Sugar, Cynnamon, &c. or preserved, are pleasant, wholsome, and comfortable, especially to be eaten after meales, because they help the digestion, by closing and shutting up the mouth of the stomack, and repress the ascending of superfluous vapors to the head. Being taken before meales, they bind the belly; and after meales, if they be taken in too large a quantity, they loose and mollifie the same, by a forcible depressing of the mears: and therefore some commend the much use of them after meales, for such as are commonly costive; but they greatly erre, because by reason of their compressive and depressive force, they protrude and drive down the meats from the stomack, before they be digested. The Cotiniat, or Marmalade made of Quinces, if it be well and accurately done, is very delectable to the taste and stomack, it comforteth the heart, and wonderfully refresheth a weak stomack, & maketh it strong to retaine the meat, untill it be perfectly digested, and is also very good and profitable for the staying of all kinds of fluxes, both of the belly and other parts. Quinces baked, or preserved, or the Cotiniat made of them, taken in a moderate quantity, are very good and wholsome for all ages and bodies, especiall by reason of their comfortative and astringent facultie, for them that have weak and loose stomacks; except for such as are wont to be costive, or affected with too much astringent of the stomack; for whom by reason of their astringent faculty they are not convenient.

Marmalade.

The juycie substance of the Pomegranat is wholsome and profitable for the stomack, and therefore good

Pomegranat.

good to be eaten, notwithstanding that it yeeldeth a thinne and small nourishment. Some Pomegranats are sweet, some sowre, and some of a middle savour, both sweet and sowre. The sweet ones are not cold as the rest, but rather hot in the first degree, and temperately moyst: they clense the mouth of the stomack, moysten the breast and spirituall parts, and make the belly soluble; but they breed wind, and in a cholerick stomack, they are quickly converted into choler. In Fevers (by reason of their heat and flatuoussnesse) they are not to be admitted. They are most convenient for them that are of a melancholick temperature, and most hurtfull to the cholerick. The sowre ones are cold in the second degree, and of a stiptick faculty: they are more medicinable, and more fit for Physick uses, than the other sorts are: they quench thirst, extinguish the burning heat of choler, corroborate the mouth of the stomack, stay fluxes and cholerick vomitings, inhibit the ascending of vapors to the head, and are very profitable in acute fevers, and the Cardiacall Passion proceeding of choler. By reason of their acerbity, they are soone offensive to the sinewes, teeth, and gummies; but the sowrenesse of them is well mitigated with sugar, or the sowre may be eaten together with the sweet: for so the one doth correct the hurts of the other. They are good for an hot stomack and liver, and therefore very convenient for them that are of a cholerick temperature; but for a cold stomack, and especially for them that be cold and phlegmatick, they are very hurtfull, because they constringe and coarctate the breast.

The

The Pomegranats that are of a middle taste, are almost of the same force and efficacy: they are not altogether so cold, nor so binding, by reason whereof they are more pleasant to the taste, and more acceptable to the stomach, and therefore more fit for use in time of health. They are best to be taken after meales, to strengthen the mouth of the stomach, and to stop the rising up of vapors, especially in them that have hot stomachs. They are also good to be eaten in the way of physick, about foure houres after meales, or in the morning fasting, of them that have hot stomachs, and also weak, and subject to vomiting through the distemperance of choler: for they have a small abstersion, with some astringion and refrigeration; by reason whereof they purifie and corroborate the stomach, prevent the corruption of the meat, quench thirst, and extinguish the heat of choler. Wherefore the use of them is most profitable for them that are cholerick, and that have hot stomachs, and livers, and most hurtfull to them that be phlegmatick, or that have cold stomachs, or are subject to the cough, or shortnesse of breath. The rindes, kernels, and flowers of Pomegranats are all of a binding nature, and of much use in physick.

Peaches & Aprecocks are of one & the same nature: they are cold & moist in the second degree: they yeeld a cold, crude & unwholsome nourishment; they ingender wind, make the bloud waterish, and subject to putrefaction. They are more hurtful to be eatē after other meats thā before; for if they be eatē after other meats; they, floating in the higher parts of the stomach, are both quickly corrupted, & do also corrupt the other

X

meats;

Peaches and
Aprecocks.

meats; but being eaten before other meats, they excite the appetite, quench thirst, and by reason of their moist and slippery substance, easily and quickly descend, and also cause the meats that are taken after them, to passe downe the sooner. Wherefore it is not good to eat them, but when the stomach is empty; and by reason of the corruptiblenesse of their substance, a good draught of Sack, or such like strong wine, must be sent presently after them, to digest and correct their crude and flatuous moisture. But I hold it best for such as respect their health, and can subject their appetite, utterly to eschew the use of these and such like horarie and quickly-perishing fruites, that fill the body with crude, phlegmaticall, and corruptible humors. They are couvenient, or lesse hurtfull for young men that have hot and strong stomacks, and for such as are of a cholerick and sanguine temperature; but for old men, for them that bee phlegmatick, and that have weak stomacks, and subject to wind, they are very hurtfull.

Medlars and
Services.

Medlars and Services are of one and the same nature: they are cold and dry in the second degree, and of an astringent faculty: wherefore they must not be eaten before, but after meats, in like manner as all other things ought that are of a binding faculty, to cloze up and corroborate the stomach; and they must be moderately eaten: for otherwise they will oppresse the stomach, hinder the concoction, and engender a cold, grosse, and melancholick iuyce. But in case of binding, they are best to be eaten before meat, or at any other time when the stomach

is empty : they strongly repress choler, and stop cholerick vomitings and egestions. They are not fit for meat, untill by keeping they become soft and tender; but the juyce of them (being greene and hard) is very profitable for physick uses, when as there is much need of binding. Medlar and Service-berries are convenient for young men that have strong stomacks, for them that be over laxative, or subject to vomiting, and that are by constitution cholerick; but to old men, to them that are of a phlegmatick or melancholick temperature, and that are commonly costive, they are very hurtfull.

The unripe Mulberries are cold and dry almost Mulberries. in the third degree, and doe mightily bind: they are profitable for medicine, but not for meat. The ripe and new gathered Mulberries are moyst in the second degree, they are also cooling, notwithstanding the *modicum* of heat in them, and a little binding, which is evident by their taste. They are acceptable to the stomack, but they yeeld little nourishment; they excite the appetite, repress choler, and by reason of their much moysture, greatly moysten the inward parts, quench thirst, help the asperity of the throat, quickly descend from the stomack, and make the belly soluble. They must be taken, by reason of the moysture and slipperinesse of their substance, before meat, or at any other time when the stomack is empty; for they are quickly corrupted, and are offensive to the stomack, unlesse they speedily descend: and therefore they are not good to be taken after meat, because the meat will hinder their passage. And for the same cause they are very hurtfull

for them that have impure stomacks : for in such they greatly engender wind, and increase crude and corruptible humors. They are convenient for an hot season, for young men, for such as are of a cholerick and sanguine temperature; but hurtfull for old men, and them that be phlegmatick.

Figs.

The greene and ripe Figs are hot and moist in the first degree : the dry or barrell Figs are hot and dry in the second degree, and withall somewhat sharp and biting. They are of an abstersive and diuretick faculty ; they are easily digested , and do nourish more than other Autumne fruits. They are best to be eaten in the morning fasting, & at any other time when the stomach is empty; for so they breed the better juyce , and are the more medicinable for cleansing of the breast and lungs , which is a special vertue that Figs have : being taken after meat, or before the stomach bee empty , especially the new ripe Figges ; they quickly corrupt in the stomach , and fill the body with crude and flatulent humors. The new ripe Figges do give a more moist and flatuous nourishment , than the dry ones do, which puffeth up the flesh , and filleth the belly with wind ; and yet by their windinesse they little offend, because they quickly descend and make the belly soluble, by reason whereof the wind that they breed , doth soone passe away ; and in this respect , they are lesse hurtfull than other Autumne fruits. They chiefly annoy their stomacks that are subject to the wind collick : and therefore it is good for such to refraine the use of them. The dry barrell Figs are of a stronger cleansing, cutting, extenuating, resolving,

solving, and concocting faculty, and therefore more effectually for cleansing of phlegme from the breast and stomack, and for old infirmities of the lungs. They engender cholerick and siticulous humours, and therefore they are very hurtfull to the bowels that are inflamed, or full of choler. The much use, of them, not only because they engender ebullient humors, but also by reason of their property of carrying forth corrupt humors, that reside in the body, unto the skin, causeth itching, and scabbiness, and oftentimes also the lowsie evill. They are convenient and wholesome for them that be old, that be phlegmatick, that are subject to obstructions of the breast, and for cold and moist seasons; but to the cholerick, and them that have hot livers, they are hurtfull, especially the often and immoderate use of them.

The Greene and ripe Dates are hot and moist in the first degree; but if they be old, their heat is increased, and moisture abated. The soft, moist, and sweet ones are to be chosen, because they give a more restorative and comfortable nourishment. Those that are somewhat sowre, and of an unpleasant taste, are more binding, and altogether unprofitable for nourishment; and so are also those that are over-dry or putrified. All Dates are of an astringent faculty, they yeeld a grosse, clammy, and an impinguating nourishment, by reason whereof they are very good for such as are in a consumption, or have weak livers, or subject unto any flux, or waste. But by reason of their grosse and obstructive juyce, they are hurtfull to such as are subject

Dates.

to obstructions, especially of the liver and spleene. They must be boyled in broths, or added unto other physicall confections, that are made to strengthen, &c. for to be eaten, they are not fit for any age or constitution, because they breed wind, offend the head, and corrupt the teeth. Moreover, the greene and ripe Dates do fill the body with crude humors; and the dry ones are of hard concoction, cause gnawings in the stomach, and do breed a juyce which is quickly converted into choler.

Plums.

There are divers sorts of Plums, both of the garden, and also of the field, and of sundry colours, and of very different faculties. The greene and ripe ones, of what sort soever they are, doe coole and moysten, and fill the body with crude and corruptible humors; yet some are more wholesome, or at least lesse hurtfull than other: they may best be distinguished by their taste: for some are sweet, some sowre, and some of a middle taste, both sweet and sowre. The sweet Plums doe give more nourishment than the rest, and doe more loose the belly; but by reason of their over-much moysture (for they are completly moyst in the third degree) they relaxe and weaken the stomach, and for the same reason also the nourishment which they yeeld, is nothing good at all, but excrementall. They are most hurtfull to them that be phlegmatick, and are only convenient for those that would moysten and keep their bodies soluble; for by their excessive moysture and slipperinesse, they doe moysten the body, and mollifie the belly. But they must be eaten before meales, or when the stomach is empty;

for

for if they be eaten after meales, as our manner is to eat them, or before that the meat is descended from the stomach, they spoyle the concoction, and fill up the stomach with crude and corruptible humours.

The sowre and harsh Plums, as Bullasis, and other that grow wilde, and also the unripe Plums, of what sort soever, whiles they are sharp and sowre, are cold and binding, and the more harsh they are, the more binding: they quench thirst, excite the appetite, bind the belly, repress choler, & extinguish the burning heat of it; but they are not meet for meat, especially those that are harsh, because they yeeld to the body little or no nourishment at all, and are by reason of their astringency, and durtie of substance, very hurtfull to the breast and stomach; yet neverthelesse the moderate use of them may be, as Physick, very profitable to a cholerick stomach. The juyce of them, especially of Sloes, boyled with a small quantity of Sugar, and so kept, is of excellent efficacy for stopping of the laske and bloody flux, and all other issues of blood whatsoever. The Plums that are of a middle relish, such as are our Damsons, &c. are the best and wholesomest: they are cold and moyst in the second degree, they are more acceptable to the taste and stomach, and yeeld (although little, yet) better nourishment than the rest: they excite the appetite, quench thirst, repress choler, and somewhat also loose the belly: they must also be eaten before meales, or when the stomach is empty. These, as all other sorts of Plums, are best for them that are young, that are by constitution

VVilde Plums.

Damsons.

tution cholerick, and that have hot and strong stomacks; but to them that are old, that are phlegmatick, that have weak and cold stomacks, and that are subject to the wind-collick, they are very hurtfull, because they breed waterish and flatulent humors. Plums stewed and eaten with Sugar, are somewhat wholesomer than the raw ones, and more convenient for the stomach.

Prunes.

Dried Plums, which are commonly called Prunes, are wholesomer, and more pleasant to the stomach, than the greene Plums: they yeeld much better nourishment, and such as cannot easily putrefie, by reason that their crude and superfluous moisture is dried up and consumed. The Damask and Spanish Prunes are the best, because they are the sweetest: being boyled in broths, they loose the belly, and excrete out choler: being stewed and eaten betweene or before meales, they are most pleasant to the taste, excellently refresh a weak stomach, and do also mollifie the belly. They are most convenient for them that are of a cholerick and sanguine constitution. French Prunes, and all such as are somewhat sowre in taste, are also somewhat of a binding, and not of a soluble faculty.

Grapes.

Grapes, for that they are pleasant to the taste, and also nourish much, may have the preheminance among the Autumne fruits. As they are divers in taste, so are they also in quality: for sweet Grapes are hot in the first degree, and moist in the second: they nourish most, and most of all make the bodie soluble; but the nourishment which commeth of them, is over-moyst and windie, which troubleth the

the belly, and puffeth up the whole body. Sowre Grapes are cold and moist, they quench thirst, and mightily extinguish the over-much heat of the stomach and liver, repress the sharpnesse of choler, and cholerick vomitings, excite the appetite, and strengthen the stomach that is weakned through the distemperance of choler. They are hurtfull to every age and constitution, except to them that are young, and of an hot and cholerick temperature. The Grapes that are harsh in taste, either by nature, or (as all Grapes are of what sort soever) before they be ripe, are very cold and astringent: the juyce of them is only profitable in the way of physick to coole, and to repress cholerick vomitings and egestions. Those Grapes that are of a sowre-sweet taste, are for temperature and faculty, in a meane between the sowre and the sweet: they excite the appetite, coole the heat of the stomach and liver, quench thirst, repress the heat of choler, and excrete it thorow the belly. But all Grapes that are newly gathered and eaten raw, do yeeld unto the body an over-moist and excrementall nourishment; they trouble the belly, fill the stomach with wind, and inflate the milt, especially if they be immoderately eaten. But of all the sorts of Grapes, the sowre and austere in taste are for meat the worst: for such kind of Grapes do very much hinder the concoction of the stomach, and ingender a cold and raw juyce, which is seldome or never converted into good blood. The sweet Grapes, and such also as are a little sowre, being thorow ripe, are lesse hurtfull; for their juyce is hotter, & is easilier dispersed thorow the liver

A Caution
concerning
the eating of
Grapes.

and veines. And if they be kept two or three dayes after they be gathered, and then eaten, they do nourish the better, and are lesse windy, and troublesome to the belly, by reason that some part of their superfluous moysture is in that space consumed. But in the eating of Grapes this Caution must be observed, that neither the skinnes, nor the kernels or stones in them be swallowed downe, but only the succulent pulp, because they are unprofitable to the body: for by reason of their duritie and siccitie of substance, they offend the stomack, receive no alteration in the body at all, or very little, and also hinder the concoction and distribution of the medulline part of the Grape thorow the body, which is only nourishing. It is best eating of them when the stomack is emptie, and not after meat; for if they be eaten upon a full stomack, they spoyle the concoction, abundantly breed wind, and fill up the stomack with crude and corruptible humors. They are, so they be moderately eaten, convenient for every constitution and age, except for the phlegmarick, and them that are old; for in these they excessively increase cold, crude and flatulent humors, which vitiate the bloud, cause rheumes, inflate the milt, and disturbe the belly. But Grapes boyled in butter, and sops of bread added thereto, and Sugar also, if they be somewhat sowre, are a very pleasant meat or sauce, and agreeable for every age and constitution: for they are lesse windy, more acceptable to the stomack, and yeeld more and better nourishment to the body.

Of Grapes dyed through the heat of the Sunne,
are

are made Rayfins: the greatest, sweetest, and fattest, are the best and wholsomeſt, and thoſe wee commonly call Rayfins of the Sunne: for they are of the greateſt and faireſt Grapes. They are hot in the firſt degree, and moyſt in the ſecond: they yeeld to the body much nourishment, and the ſame very good, for there is in them no ill juyce at all. They are paſſing good for the liver, and as it were by nature appropriated to that part: they concoct raw humors, and by reaſon of their lenifying and de- terſive faculty, clenſe phlegme from the ſtomack and lungs, levigate the roughneſſe of the wind-pipe; and are therefore very good for the cough, and other infirmities of the breſt: they do alſo a little molli- fie and looſe the belly; but the ſtones in them muſt be taken forth, which by reaſon of their aſtringent quality, and durity of ſubſtance, are offenſive to the breſt and ſtomack. They are very wholſome and good for every ſeaſon, every age and conſtitution. The leſſer and common ſort of Rayfins are not ſo ſweet in taſte, but have rather a pleaſing ſowreneſſe adjoyned to them, by means whereof they are more gratefull to the ſtomack; but they yeeld leſſe nou- riſhment to the bodie, and by reaſon of a ſmall aſtri- ction that is in them, they are not ſo profitable for the breſt; but for the ſame cauſe, they are more con- venient for them that are too ſoluble or ſubject to fluxes, through the weakneſſe of the retentive faculty.

The ſmall Rayfins of Corinth, which we com- monly call Currans, are much uſed in meats, and that for good cauſe: for beſide their pleaſantneſſe

in taste, they excite the appetite, strengthen the stomach, comfort and refresh weak bodies, and are profitable for the milt. They are very good and wholesome for every season, age, and constitution.

Cherries.

All the kinds of Cherries are generally of a cold and moist temperature; they breed wind in the stomach, and fill the body with crude and putrile humors. But some are farre more wholesome than other : the best and principallest are those that are of a red colour, and of a pleasant sower-sweet taste, for they delight the pallat, excite the appetite, and are more acceptable to the stomach : they do moderately coole, quench thirst, attemper the heat of the stomach and liver, repress choler, and give to the body a more commendable juyce. Being preserved, they are a most choyce medicinable nourishment; and being boyled with Butter, slices of Bread and Sugar, betweene two dishes, they delight the pallat, excite the appetite, and yeeld a good and wholesome nourishment, especially for hot and dry bodies. The distilled water of these, and also of the sower ones, is very good in fevers and inward inflammations. The Cherries that be very sweet, do deject the appetite, relaxe the stomach, & engender grosse & phlegmatick humors. Those that are sower, do give unto the body no nourishment at all; but they excite the appetite, cut grosse and clammy humors in the stomach, repress the heat of choler, and are only good for an hot cholerick stomach. Those that are black are esteemed wholesomer than the red Cherries; but very unworthily, for their relish is not so acceptable to the pallat, as the best sort of red

red Cherries, they sooner corrupt in the stomach, and ingender wormes. Cherries must be eaten fresh and newly gathered, because they quickly corrupt, and that not in stead of meat, but for quenching of thirst, and attempering the heat of the stomach and liver : and for the same purposes they must not be eaten after meales, as our common preposterous use is to eat them ; but when the stomach is empty, as an houre or two before meales, because they provoke appetite, quickly descend from the stomach, and make the belly soluble. They are convenient for them that are young, and for such as are of a cholerick temperature; but hurtfull to the aged, and them that abound with phlegme.

The green and unripe Goose-berries are cold and dry in the second degree & of an astringent faculty: the juyce of them is used in divers sauces for meat, in stead of verjuyce, which maketh them not only pleasant to the taste, but also very profitable to such as abound with choler, and are afflicted with hot, burning, and malignant fevers : for it extinguisheth the vehement heat of choler, very greatly resisteth the corruption of humors, and labefaction of the vitall and naturall parts. The Goose-berries that are indifferently ripe, are cold in the first degree, and moist in the second, and are lesse binding, than when they are altogether green and unripe. They are of a pleasant sowre taste, and therefore being boyled between two dishes, with butter, sops of bread and sugar, or as those that are skilfull in Cookery can best tell, they make a most excellent and delighsome sauce for most kinds of meats, which yeeldeth to the

Goose-berries.

body somewhat a cold and small nourishment; but it exciteth the appetite, quencheth thirst, represseth choler, and addeth a singular grace unto the meats, and a correctory relish also unto such as are hot and dry, or fulsome in taste. Being eaten raw, they are very hurtfull to a cold and weak stomack, and for them that are aged, because they encrease cold and crude humours: contrariwise they are profitable to an hot stomack, because they excite the appetite dejected by over-much heat, and greatly coole the inflammations both of the stomack and liver: they are also very good for women with child, because they help their picarie affections, and notably preserve them from abortion. But if they are immoderately eaten, they exasperate and load the stomack, bind the belly, and inhibit all fluxes, except they happen to be taken into a cold stomack, for then they oftentimes rather oppresse and trouble the same by some manner of flux. To conclude, they are so much profitable to the cholerick and sanguine, as they are hurtfull to the melancholick and phlegmatick. The Goose-berries that be thoroughly or over-ripe, are not, by reason of their fulsome sweetnesse, used in sauces, neither are they any way good to be eaten, for they fill the stomack and whole body with grosse, crude, and corruptible humors.

Ribes.

Ribes, which with us are commonly knowne by the name of Red Currans, are deemed to be of the same nature that Goose-berries are. Indeed there is a great parity of nature betweene the ripe Ribes and the Goose-berries that are a little ripe; but betweene the ripe Goose-berries, and the ripe Ribes, there

there is no comparison to be made at all: for whereas the ripe Goose-berries consist of a very grosse and fullsome substance, the Ribes are of a most pleasant and profitable juyce. They are cold in the first degree, and moist in the second, with a little siccity also concurring: they delight the pallat, excite the appetite, quench thirst, coole the inflammations of the stomack and liver, and wonderfully refresh and strengthen the stomack that is debilitated with heat: they also stay cholerick vomitings, help the Cardialgick paines of the stomack, and excellently repress all cholerick excretions and exhalations. Wherefore they are very profitable for them that are young, and that are of an hot and cholerick temperature; but they are greatly hurtfull to the aged, to all cold constitutions, and to such as are subject to obstructions of the breast. The Rob, that is, the juyce of the berries boyled with a third part, or somewhat more of Sugar added unto it, till it become thick, and so preserved, is for all the aforesaid purposes preferred before the raw berries themselves, except for such as are of a very cholerick and ardent temperature.

The Rob of
Ribes.

Barberries are of the same nature and force that the Ribes are, and so is also the Conserve, or rather the Rob that is made of them, which is in very common use against hot, burning, and cholerick distemperatures.

Barberries.

Raspis or Framboise being ripe, are cold in the first degree, and temperately moyst with a small astringtion adjoyned, especially if they be not over-ripe: they are of good and laudable juyce, they

Raspis, or
Framboise.

com-

comfort a weak and queasie stomack; but not so well as the Strawberry doth, for they oftentimes corrupt in the stomack: they also quench thirst, assuage the inflammations of the throat, stomack, and liver, and coole the heat of urine. They may be eaten by themselves, or with White-wine, Claret, or Sack; or if there be need of cooling, with Rose, or Violet-water and Sugar. They are good for them that are young, and for hot and dry bodies; but hurtfull to the phlegmatick and aged, and all such as have cold and weak stomacks.

Strawberries.

Strawberries are for pleasantnesse of taste, acceptableness to the stomack, and goodnesse of juyce, to be preferred before the Framboise: being full ripe, they are cold and moyst in the first degree, with a little siccity also adjoynd. The great red garden Strawberries are the best & wholsomest: the nourishment which they yeeld, is little and thin, yet commendable and good. They are very delightful to the tast, and acceptable to the stomack: they excite the appetite, quench thirst, repress the ebullient crimony and fluxions of bloud and choler, and excellently coole the inflamations of the stomack and liver. Being eaten before they bee full ripe, they are by reason of their earthy substance, quickly offensive to the stomack. In case of cooling, they may be well eaten with Rose, Violet, or Borage-water and Sugar: otherwise, with White-wine, Claret, or Sack and Sugar, as the temperature and disposition of the body shall require. The distilled water of them drunk with Sugar, is very good for such as have cholerick stomacks, or inflamed livers,

to bee taken when the stomack is empty : it is also good against the cardiacall passions, because it reviveth the spirits, and maketh the heart merry; and likewise against the obstructions of the kidneys, because it provoketh urine, and tempers the heat of the reins. These, as also the Framboise, are with us very usually eaten, with the fattest and best part of the milk and Sugar, which way of eating them, is very fit and commendable for hot and colerick bodies; but abundantly hurtfull for such as have cold stomacks, and all that are by constitution phlegmatick. There may also be made of Strawberries, a Conserve, or rather a Rob, as I have shewed of Ribes, very profitable to all the purposes aforesaid.

The wild or voluntary Strawberries, that I may so terme them, are not so good as those that are matured in gardens, because they consist of a more terrene nature, by reason whereof, as also of their stiptick asperity, they soone offend the stomack; yet unto such as abound with sharp choler in their stomacks, they are very medicinable and good: for they wonderfully assuage & repress the acrimonious heat of choler. To conclude, Strawberries are in all respects convenient and good for them that are yong, and that are of a cholerick and sanguine temperature; but very hurtfull to the phlegmatick, to them that have cold stomacks, and that are subject to the palsey, and other affects of the sinewes.

Whorts, or Whortle-berries, are cold in the later end of the second degree, and dry also, with a manifest

VWhorts,

Z

nifest

nifest aſtriction, or binding quality. They may with us very well ſupply the uſe of Myrtils, eſpecially if they be not too ripe, or when they are but beginning to be ripe : they are convenient for an hot ſtomack, they quench thirſt, bind the belly, ſtay vomiting, cure the bloody ſlix, proceeding of choler, help the cholerick paſſion, which is a vehement purging of choler upwards and downwards : and in a word, they are of admirable force againſt the great heat and fervent ebullition of choler. But they are greatly offenſive to them that have weak, cold, and phlegmatick ſtomacks : for in ſuch, they are ſo far from binding the belly, or ſtaying of fluxes, as that they rather trouble the ſame, through their cold and crude quality. In ſome places, the people uſe to eat the wortles in creame and milk, which way of eating them is moſt hurtfull, except for ſuch as are young, and that have hot and cholerick ſtomacks. The juyce of the berries, boyled with a third part of Sugar added unto it, till it become thick, which the Apothecaries call Rob, and ſo kept, is of very good force and efficacy for the purpoſes aforeſaid, and is, by reaſon that the cold and raw quality thereof is in the boyling exhausted, to be preferred in all things, before the raw berries themſelves, except for them that have very hot and burning ſtomacks.

Haſel-nuts.

The common Hedge, or Haſell-nuts, eſpecially if they be dry, are of an earthy and unprofitable ſubſtance ; they are hard of concoction, and becauſe they very ſlowly paſſe thorow the belly, they are troubleſome, and hurtfull to the ſtomack : they al-

ſo

so breed the cough, and are very pernicious to the lungs: they are onely convenient for rusticall bodies. Those that are newly gathered, are wholsomer than the dry: for by reason that they are of more moyst and softer substance, they are more easily concocted, and doe not altogether so much oppresse the stomack. But I wish such as have weake stomackes, and that are studious of their health, seldome or never to eat them, because they breed phlegme, violate the lungs, and soone offend the stomack and belly, by their windy and cloying substance.

Filberds are wholsomer than the common Hasel-Nuts, for they consist of a better substance, and although they are also hardly digested, yet they are profitable for the liver, especially if they bee eaten with Raynsins: the immoderate use of them induceth the selfe-same hurts, that the common Hasel-Nuts doe. Those that have their skins red, are the right Pontick Nuts, and are both for pleasantnesse of juyce, and facility of concoction, the best Filberds. The greene ones, that are but lately gathered, are by reason of some moysture in their substance, much wholsomer than the dry: for the dry Nuts are hot and dry in the first degree, and in the same, more dry than hot; and beside that, they are with greater difficulty digested, they also breed very much choler.

The dry Walnuts or VValsh-nuts, are hot and dry in the second degree: they are of hard digestion and of an astringent faculty: they increase choler, offend the stomack, hurt the brest, and cause the cough.

cough. Those that in keeping become oylie and ranck in taste, are to bee rejected, as utterly naught and unwholsome; for they are of an hot exulcerating faculty; they altogether breed choler, and very greatly annoy the brest, stomack, head, throat, tongue, and pallat. The dry VValnuts are onely good for robustious bodies, and for such as respect not wherewith they fill themselves. Those that are newly gathered, are farre wholsomer than the dry; for they are somewhat of a moyst temperature, and of a more commendable substance; by reason whereof they are more pleasant to the taste, more acceptable to the stomack, and of wholsomer juyce. But they are also hurtfull to them that are strait-chested, and that are subject to the cough, or other affects of the lungs. The great Royall Walnut doth for wholsomenesse in all respects farre exceed the rest.

Chestnuts.

Chestnuts are hot in the first degree, and dry in the second: being well digested, they yeeld a substantiall thick nourishment; yet for all that, they are not approved for meat, except in the time of penury, or for strong rusticall bodies, because they are of hard concoction, and of slow and painefull distribution: they also abundantly ingender wind, bind the belly, and offend the head. Being roasted under the hot embers, or boyled, and so eaten with salt and Sugar, they are not so hard of digestion, they more easily descend, and are lesse windy; yet they make the body costive.

Pine-Apple or Nut.

The kernels of this fruit are hot in first degree, and moist in the second: they yeeld to the bodie
much

much good and substantiall nourishment, and are also of a concocting, lenifying, and clensing faculty. They diminish and take away the corruption of humors, and also give unto the body a good restorative juyce; but they are not altogether easie of digestion, and they also offend the stomack through their acrimony, if they be too plentifully eaten. The newest and the whitest are the best. They must be eaten with Honie or Sugar: they are best for the phlegmatick, and them that be old, with hony: for them that are young, and that are of a cholerick and hot temperature, with Sugar; but they must first be macerated the space of an houre in warme water, and then eaten; for by that meanes, they are more easily concocted, and depose all their offensive acrimony. They are of much use in physicall compositions, especially for diseases of the breast; they are of excellent efficacy against an old cough, the asthmatick passion, and consumption of the lungs: for they mundifie the lungs from phlegme, repress the ulcers of them, expectorate the putrilaginous matter, and viscous humors of the same; and repaire the strengths. They are convenient in cold seasons of the year, for the phlegmatick, and them that be aged; and also for such as are young, in affects of the breast, being taken with Sugar.

Pistach or Fisticke Nuts are of an aromaticall savour, and do for wholsomnesse exceed all other Nuts. The kernels of them are much of the same efficacy and use in physick as be those of the Pine-Apple; but they are somewhat of an hotter temperature: the newer they are, the better and wholsomer

somer they are : the best way to eat them , is with Rose-Sugar, their skins being first pilled off, and macerated the space of foure or five houres, or more in Rose-water. They strengthen the stomack and liver, yeeld to the body a good impinguating nourishment, by reason whereof they are very good for bodies that are consumed , and have lost their strengths: they excite *Venus*, by increasing the geniture, and fortifying the reines. They also open the oppilation of the liver, and mesaraick veines, mundifie the reines, and assuage their paine. They are good against the shortnesse of breath , for they remove the obstructions of the breast , by clensing forth superfluous and putrid humours that adhere to the lights and chest : for which cause , as also by reason of their restorative force, they are very greatly commended , for those that have the pthifick or consumption of the lungs. They are very wholsome and good for them that be aged, and for such as are of a phlegmatick temperature; but not so convenient , but rather hurtfull to them that bee young, and that are of an hot and cholerick temperature, because in such , they distemper the bloud, and being much eaten, oftentimes procure the vertiginous evill,

Almonds.

Sweet Almonds have in them a good medicinal nourishment : they are of an opening, concocting, and clensing faculty, wherby they are very medicinal to the breast and lungs. Those are best to be eaten which are somewhat newly gathered, for they are of a good temperature in heat and moysture, and of wholsome and pure juyce ; and they

they the worst, which are overmuch withered ; for the dryer they are, of worse temperature the are, of lesser and worse nourishment, of harder concoction, and more offensive to the stomach, through their slower descension. They are also eaten in the Summer, Before they be thorow ripe, when as they abound with a milkie juyce; at which time they are very pleasant to the taste, but they yeeld a grosse nourishment, and doe likewise slowly descend: wherefore it is good to eat not only these, but also the ripe and dry Almonds with Raynsins, to cause them more lightly to descend, and with lesse offence to the stomach. The Almonds that are not fully ripe, are only convenient for them that are young, and that are of an hot and cholerick temperature: those that have their full ripeness, and reserved all the yeere, so that they waxe not too dry, or in their colour and substance vitiated, are convenient and good for every season, age, and constitution. There is drawne out of sweet Almonds blanchd, and beaten very small, with some convenient liquor, as Barley-water, & a little Rose-water, or such like, a white juyce-like milk, which with white Sugar-Candy also put to it, maketh a most pleasant, delectable and wholesome drink for weak and sickly persons, especiall for such as are extenuated through a feverous distemperature: for it giveth a pure, thin, and moystning nourishment, which by reason that it is easily distributed, very speedily moystneth, comforteth, and refresheth the whole body, mitigateth the heat of choler, and procureth sleep. Wherefore it is very profitably given in hot
fevers

Almond milk.

fevers to coole and moysten, and to those also that have the pleurisie, and spet up filthy matter : for there is in it also a concocting and lenifying faculty, by reason whereof, it is very medicinable to the breast and lungs. It is also good for those that are troubled with a cholerick laske, or bloudy fluxe, especially being aromatized with a little Cinnamon. To conclude, it is a drink very profitable, not only in sicknesse, but also in health, for all hot cholerick and dry bodies, for students, for them that are too vigilant, and all such as are subject to infirmities of the breast and lungs, to be taken at going to bed, and also at any other time, so the stomack be empty, especially in hot and dry seasons of the yeer. It is only not convenient for the phlegmatick.

Mushrooms.

Many phantastick people do greatly delight to eat of the earthly excrescences called Mushrooms; whereof some are venomous, and the best of them unwholsome for meat: for they are of hard concoction, corrupt the humors, and give to the body a phlegmatick, earthy, and windy nourishment, or rather detriment. Wherefore they are convenient for no season, age, or temperature.

Melons, and
Pompions.

All the kinds of Melons and Pompions are of a cold nature, with plenty of moisture: they have also a certaine cleansing quality, by meanes wherof, they are medicinable to the reins; and that cleansing quality is more in their seed, than in the pulp: for which cause the seeds are very profitable for them that are troubled with the stone, or strangury. They are pleasant to the taste, but they give to the body little nourishment, and the same scarcely good, but rather

rather crude, and putrile. They also breed wind and gripings of the belly: and therefore those that are subject to the collick, and that have great spleens, must carefully eschew them. But the Muskmelons are of many esteemed a dainty delicate meat. Indeed they are much more pleasant to the pallat, than wholesome to the body, and therefore I advise such, as regard their health more than their pallats, that they be very parsimonious in the use of them, for they are not very easily concocted, but quickly corrupt in the stomach, especially in them, whose stomachs already abound with ill humors, whereupon malignant fevers, and many other desperate accidents do oftentimes ensue. Moreover they are greatly offensive to such as are subject to the wind collick, for by a speciall property, they move and encrease that maladie. All the Melons and Pompi-
ons are only convenient for hot and strong bodies; but hurtfull to the aged, and to them that are of a phlegmatick and melancholick temperature, or otherwise subject to the wind collick.

Muskmelons.

Cucumers are of a very cold and moist temperature, even in the third degree, especially their moyst qualitie. They yeeld unto the bodie a cold, crude, and waterish nourishment: wherefore the use of them in manner of a sallet with pepper and vinegar, notwithstanding that many desire the with a wonderfull delight, it is to be rejected, except of them that have very hot stomachs; for to such the moderate use of them, by reason of their cooling and moystning quality, may bee sometimes very good and profitable: for they quench thirst, greatly
A a coole

Cucumers.

coole the burning heat of the stomack and liver, and represses choler. The best way to prepare them for sauce, being thinly cut, is to poure upon them a little vinegar and salt, and so tossie them betweene two dishes, then to cast away all the vinegar and waterie substance, and to put unto them more vinegar with oyle and pepper: for so they become a more wholsome sauce or sallet; yet not commendable for the aged, or any that have cold and weak stomacks. Those Cucumbers must be chosen, which are greene, and not yet ripe; for when they be ripe and yellow, they are fulsome and unfit to be eaten. The greene and unripe Cucumers preserved in a pickle of vinegar, salt, and fenell, are much better than those that are eaten greene and unpickled: for they are of farre better taste, and not of so crude and waterish substance. They excite the appetite, and are a very profitable sawce in the winter season. Cucumers are onely convenient for hot and cholerick bodies, and most hurtfull to the phlegmatick, and them that have cold and moist stomacks. The seedes are also very medicinable, as those of the Melons: they are cold and also moist, but nothing so much as the fruit: they have an opening, clesing, and diuretick faculty. Wherefore the emulsion of these seedes, that is, the milky substance of them, as also of those of the Melon, extracted with some convenient liquor, as we doe from Almonds, is of singular efficacie against sicknesses proceeding of heat, especially for the brest, lungs, and reins that are inflamed, for the strangury, sharpnesse of urine, and exulceration of the bladder.

Gourds

Gourds are cold and moist in the second degree ; Gourds.
they are never eaten raw, because that then they greatly offend the stomack, but sodden, or baked; and that way neither, but of the poorer sort of people: for they are of a waterish and insipid substance, and doe breed in the body, naughty, cold, crude, and flatulent humours: and therefore they greatly hurt cold and phlegmatick bodies, and such as are subject to the collick and iliack passions. They are onely convenient for them that are of an hot and cholerick temperature: for they quench thirst, and coole the immoderate heat of the stomack and liver. The seedes of this fruit provok urine, and alay the sharpnesse of it: and therefore they may very profitably bee used with the former seedes in obstructions, and distemperatures of the reines and bladder.

The greene and unripe Beanes are cold and moist Beanes.
in the first degree: they yeeld to the body a crude, grosse, and excrementall nourishment, and fill the stomack and belly with wind, and make them purifie, that do often or immoderately eat them: they cause drowinesse, and troublesome dreames, and dull the senses, both inward and outward, especially the sight, by filling the braine with grosse melancholick fumes. The windy and ill qualitie of them is much removed, if they be sodden with Orgaine and Parsely, and afterwards eaten, buttered, and seasoned with Salt and store of Pepper: for Pepper is a speciall correctory for all grosse and windy meats. They are best agreeable for them that have hot and strong stomacks, and most hurtfull to the phlegmatick,

tick, and such as are troubled with the collick. Beanes that are almost or fully ripe, are both by reason of the hardnesse of their skinnes, as also of the grossenesse of their substance, by much, of harder concoction, and worse nourishment, and the dry ones are worst of all. They are meat only for ploughmen, and such as are accustomed to an hard and course kind of food.

Pease.

Pease are in their substance much like unto Beanes, and eaten after the same manner; but they are farre wholsomer than Beanes; for they are lesse windy, and by much, of purer juyce, not breeding so grosse and excrementall humors. There are three sorts of Pease common with us: the white-Pease, the gray-Pease, and the green-Pease. The two first are usually eaten greene before they be ripe, being first boyled, then buttered, salted, and peppered: they are very delightfome to the pallat, easily digested, and yeeld a good nourishment to the body. Wherefore they are even at the richest tables, not unworthily ranked with the best and choifest meats. They are convenient for all bodies, except for the phlegmatick, and such as abound with crudities, or are much molested with the wind; but they are most appropriate for the cholerick, and such as are in their youthly and constant age. The dry Pease, as they consist of an harder substance, so they are of harder concoction, and of dryer and much worse nourishment; notwithstanding they are a meat somewhat pleasant to the taste, and convenient enough for them that have strong stomachs. There is wont to be made of the white Pease boyled, a kind
of

of pottage, and also of the greene; but that is not so good, which we call Pease-pottage; this kind of meat is most used in Lent, and in the winter season upon fasting dayes. That which is made with the huskes or skins remaining in it, is not good, but for rusticks, unto whose stomacks the grossest and hardest kinds of meat are best agreeable. But if the Pease be strained after that they be boyled, and so the husks which are of harder concoction, and hurtfull to the stomach, kept back, and then seasoned with salt and pepper, and a little butter also added thereunto, it is a meat of meetly good nourishment, and the more commendable, because it maketh the belly solluble, and deoppilateth or unstoppeth the veines.

Artichocks are hot and dry in the height of the first degree, if not in the beginning of the second, and full of cholerick juyce. The best are those that are young, and tender: for when their flowers be out, they are lesse pleasant in taste, of harder concoction, and of an ill and melancholick juyce, especially when their flowers begin to shead. They are unwholsome to be eaten raw, though some do accustom so to eat them, being very young, with pepper and salt, because they offend the stomach, hinder the concoction, and breed ill juyce. But being boyled, and eaten with butter, pepper, and a little vinegar, they are accounted a dainty dish, and restorative, being very pleasant to the taste, acceptable to the stomach, and powerfull for the exciting of Venus. But they are somewhat windy, and oftentimes offensive to the head, especially of such as are of

Artichocks,

Artichocks of
Ierusalem.

a cholerick temperature : wherefore it is not good for such to eat too liberally of them. They are best agreeable to them that are of a cold temperature ; but hurtfull to none, so the use be moderate. Artichocks of *Ierusalem* is a root usually eaten with butter, vinegar, and pepper, by it selfe, or together with other meats: It is in nature somewhat answerable to the former, but not so pleasant in taste, nor of so commendable nourishment. It breedeth melancholy, and is somewhat nauseous or fullsome to the stomack, and therefore very hurtfull to the melancholick, and them that have weake stomacks.

Coleworts or
Cabbage
Cole.

Coleworts or Cole are much used to bee eaten, especially the Cabbage-Cole : there is in the juyce of Cole a certaine nitrous or salt quality, whereby it mightily clenseth ; but the whole substance or body of Coleworts or Cabbage is of a binding and drying faculty, because it leaverh in the decoction, the salt quality, which lieth in the juyce and watery part thereof. Cole or Cabbage is of hard concoction, and hurtfull to the mouth of the stomack : it breedeth a grosse and melancholick bloud, increaseth wind, hurteth the sight, and causeth troublesome dreames, by sending up black vapors to the braine. But if it be boyled a while, and that water cast away, and afterwards boyled in the broth of fat flesh, it becommeth more acceptable to the stomack, and far lesse hurtfull to the body. The top-leaves and heads of Cole that are but a little closed, which we commonly call Puffe-cole, are the best and wholfomest : for by reason that they are by the heat of the Sunne better concocted, they are

are of tenderer substance, of easier concoction, of pleasanter taste, and of better nourishment. But the great, hard, and compacted heads of Cole, commonly called Cabbage, which are most desired of the common sort of people, are by reason of much indigested matter in them, of hardest concoction, and of worst nourishment. They are onely convenient for such as have strong stomachs, and that use great labour: for unto robustious and rustick people nothing is hurtfull that filleth the belly. Cole or Cabbage is best to be eaten in the cold seasons of the yeere; but the young leaves or buds of Cole are also in the spring time commendable. The use of Cole or Cabbage is not convenient for them that are aged, that lead a studious kind of life, that have weak stomachs, that are of a melancholick temperature, or troubled with wind. Cole-florie for pleasantnes of taste, easinesse of concoction, and wholesomnesse of juyce, exceedeth all the other kinds of Coleworts. Cole-florie.

Carrots are moderately hot, and something moyst: Carrots and
Parfeneps temperately hot, and more dry than Parfeneps.
moyst: they are used to be eaten first sodden, then buttered, &c. and the Carrots are oftentimes eaten with flesh. They are pleasant to the taste, and somewhat of hard concoction, especially the Parfenep. Parfeneps give to the body much good and substantiall nourishment; but the nourishment which commeth of the Carrot, is not much, and the same not so thick and substantiall: they neither bind nor loose the belly, for they are of an indifferent distribution; but the Carrot is somewhat more easily distri-

distributed, than the Parsenep: they are both somewhat windie and also venerious, especially the Parsenep. Their flatulent quality, and slownesse of concoction is somewhat removed, if they be well and exquisitely boyled, and afterwards dressed with butter, vinegar, and pepper. They are convenient for every age and constitution; except for the phlegmatick, and them that are entred within the limits of old age, or are much subject to the wind-collick, or obstructions of the stomack and mesaraick veines; and to such the Parsenep is more disagreeing than the Carrot.

Radish.

Radish is rather a sauce than a nourishment, and that nourishment which it yeeldeth is little and naught: looke for it in the Section of sauces. And here I adde, that if it be good for any, it is for them that are subject to the stone, for it provoketh urine, clenseth the reines from gravell, &c. It hath a specificall power to cut and resolve grosse and muscilaginous humors, and to passe them by urine without stopping in the reines. But for this there must be care had of the choise, for those Radishes are only wholsome to be eaten, which in substance are cleare and tender, and in taste tart, for they are of easiest concoction, and penetrate most.

Turneps, and
Navewes.

Turneps and Navewes are judged to be all one in temperature and vertues: but of the two, the Turnep is of moister substance. Being well dressed, they are pleasant to the taste, acceptable to the stomack, easily concocted, and engender meetly good nourishment, somewhat phlegmatick; but very flatulent. The often and much use of them is hurtfull
to

to the stomach, filleth and puffeth up the body with crude, pituitous, and flatuous humors, which breedeth obstructions in the veines and pores, and annoyeth the sinewes. But the crude and windy quality of them is well corrected, if they be first a while boiled in water, and afterwards in the broth of fat flesh, and then eaten with Pepper, &c. They are convenient for every age and temperature, except for them that are very phlegmatick or often vexed with the wind. Of the two I deeme the Turnep to be the wholsomer, because it is of easier concoction, descendeth sooner, maketh the body more soluble and is good against the stone.

Skirret, or Skirwort-roots, are an excellent medicinal meat, they are usually eaten boyled with Vineger, Salt, and a little Oyle, after the manner of a Sallad: they are also dressed after other fashions, according to the skill of the Cook, and the desire of the Eater. They are moderately hot, and somewhat moyst: they delight the pallat, excite the appetite, and are easily concocted: they comfort the stomach, and give, though not much, yet commendable nourishment: they also provoke urine, open obstructions, and are withall of a venerous windy faculty. They are good for every age and constitution.

Potato-roots are of a temperate quality, and of strong nourishing parts: the nutriment which they yeeld, is, though somewhat windy, very substantiall, good and restorative, surpassing the nourishment of all other roots or fruits. They are diversly dressed and prepared, according to every mans taste and liking: Some use to eat them, being roasted in the

Bb

embers.

embers, fopped in wine, which way is specially good: but in what manner soever they be dressed, they are very pleasant to the taste, and do wonderfully comfort, nourish, and strengthen the body, and they are very wholesome and good for every age and constitution, especially for them that be past their consistent age.

Iringo roots.

Iringo-roots are hot and dry in the second degree, with a tenuity of substance: they strengthen the stomach and liver, discusse wind, and are of excellent efficacy for all infirmities of the kidneyes, both clensing and strengthening them. The roots condited, or preserved with Sugar, do exceedingly refresh and comfort the body, and restore the naturall moysture. They are very greatly availeable for old and aged people, and for such as are weak by nature, refreshing and restoring the one, and amending the defects of nature in the other. They excite and give an ability to venereal embracements.

Garlick.

Garlick is hot and dry in the fourth degree: it yeeldeth to the body no nourishment at all, it engendereth a naughty and sharp cholerick bloud: and therefore such as are of hot complexion, must carefully abstaine from it, especially in hot seasons. Yet it is good for them that are cold and moyst by constitution, and that abound with phlegmatick, grosse, and clammy humors: for it heateth the body exceedingly, helpeth the concoction, digesteth and consumeth crude and raw humors, dissolveth wind, attenuateth and maketh thin, thick and grosse humors, cutteth such as are tough and clammy, digesteth and consumeth them. Also it killeth wormes, provokes

provokes urine, excites *Venus*, opens obstructions, helps the cough, and paines of the breast proceeding of cold, and likewise the wind-collick. It is also an enemy to all cold poysons, and to the bitings of venomous beasts, a remedy to such as are constrained to take naughty corrupt drinks or meats, and a Preservative against contagious and pestilent aire, and therefore not unfitly termed, *The Country-mans Treacle*. But if it be often or immoderately eaten, it causeth head-ach, and hurtteth the sight. Being moderately taken, it is convenient for the phlegmatick, and such as are past their constant age, especially in cold seasons; but it is altogether hurtfull to young men, and to such as are of hot constitution; and it is at all times and seasons, hurtfull to women with child, and to them that give suck.

Onions are in their temperature and faculties much like unto Garlick, but not so extreme hot, they are also more delightfome to the pallat, and more acceptable to the stomack. They help the appetite, extenuate grosse and viscus humors, provoke urine, and remove lothsomnesse of the stomack, and other hurts that come by meats or drinks of evill quality. Being eaten raw, they nourish not at all, and are very hurtfull to those that are cholerick, and that are subject to the head-ach, but good for such as are full of raw and phlegmatick humors. But if they be sliced and macerated a while in water before they be eaten, their acrimonious and hurtfull quality is thereby something diminished, and they become more sweet and pleasant to the taste, and

Onions.

are a sauce good, even for the cholerick, especially if there be any superfluity of moisture in the stomach: for they notably stirre up appetite to meat, comfort the stomach, and cause good concoction. But being too often, or immoderately eaten raw, they engender ill and corruptible humors in the stomach, inflame the blood, cause drowfinesse and the head-ach, hurt the sight, confound the memory, disturbe and dull the understanding. Being sodden, especially in the broth of good flesh, and so eaten with convenient sauce, as butter, vinegar, and a little pepper, they depose all their hurt, and become somewhat nutritive, and are accommodate, not only for phlegmatick persons, but also for all other, so the use be moderate. Wherefore being used in pottage, or otherwise boyled for sauces, they are not hurtfull, but wholesome and comfortable to the stomach. Onions are hurtfull to hot temperatures, and to them that be young; but profitable to such as are of a contrary temperament and age.

Scallions and
Chibols.

Scallions and Chibols are much of the nature of Onions: they are delightfome to the pallas, and usually eaten with vinegar at the beginning of meales, for exciting the appetite, and comforting the stomach that is weak; they help the concoction, correct the evilnesse of bad meats, and are of a notable cleansing faculty. But the immoderate use of them is hurtfull, even as of Onions. Such as desire to eat them in Sallads, I advise, especially if they be of hot constitutions, that they take with them Lettuce, Sorrell, and Purselane, that the heat of them may by the cold and moisture of these be attempted.

red.

red. They are not good for young bodies, nor the often or much use, for any that are of hot temperature: they are best agreeable for cold constitutions, and for such as undergoe great labour, and exercise of body.

Leekes are hot in the third degree, and dry in the second, and of an attenuating and obsterfive faculty, yet very unwholsome: for they engender a naughty melancholick blood, breed wind, and repleat the head with melancholick fumes, which hurt the sight, and cause troublesome and fearefull dreames: they are also, by reason of their acrimonie, very hurtfull to the stomack and finewes, especially being eaten raw. Being boyled, they are lesse hurtfull, by reason that they loose much of their sharpnesse, and make the body a little soluble; and yet being so used, they yeeld to the body no good nourishment at all. They are not convenient for any age, season, or temperature, especially for the cholerick and melancholick; but are a meat onely allowable for rustick and robustious persons.

Leekes.

Cives, or Chives, are of a mixt nature betweene the Onion and the Leeke, participating of them both, as may bee gathered, both by their smell and taste: they attenuate, or make thin, open, and provoke urine; yet engender hot and grosse vapours, which are hurtfull to the eyes and braine. They work all the effects that Leekes do, but not altogether so hurtfully: wherefore they are lesse offensive, and more wholsome for the pot, than Leekes.

Cives.

Lettuce.

Lettuce is cold and moist in the second degree : it is of easie concoction, of meetly good nourishment, & of a soluble facultie, especially if it be boiled. It hath this commendation, that of all hearbs, it breedeth least evill juyce, and that it is with least offence eaten raw. The nourishment that it yeeldeth, is not much in quantitie ; but it notably cooleth a hot stomack, and helpeth it when it is troubled with choler : it quencheth thirst, preserveth the blood from distemperature, causeth sleepe, asswageth paine of the head, proceeding of heat, and is very profitable for Nurses that are of an hot and dry temperature : for whereas, through heat and drinesse, they grow barren and dry of milk, it increaseth milk, by tempering the heat and siccitie of their bodies. But in bodies that are naturally cold, it doth not encrease milk at all, but is rather an hindrance thereunto. This hearbe is much used in Sallads in the Summer-time, with vinegar and sugar, & that not unworthily, for it procureth appetite to meat, and tempereth the heat of the stomack and liver. Some use to eat Oyle also with it in their Sallads, which if it be a true Oyle Omphacine, is very good for such as are affected with overmuch astringion and drinesse of the stomack; but for the phlegmatick, and such as have moist and weak stomacks, it is not good, because it doth very greatly weaken and relax their stomacks. It was used in ancient times, to bee eaten only at the end of supper, for repressing the vapours that come of intemperate eating and drinking, and for procuring of sleep: *Moderata enim veterum erant prandia, cœna verò*
crapula

Lettuces eaten
 with oyle in
 sallads, to
 what bodies
 onely convenient.

crapula & ingluviei dedicata. But in these daies it is commonly eaten at the beginning of meales: In my judgement, it may well bee eaten at both these times, to the health of the body: for being taken at the beginning of meale, it doth stirre up the appetite, which often times is dejected by overmuch heat; and eaten after, or at the end of our meales, it defendeth the head from superfluous and offensive vapours, by reason that it cooleth and inhibiteth the rising up of them from the stomach into the head. But the often and much use of Lettuce, doth weaken the stomach, and infringe the naturall heat, dimme the sight, by incrassating the animall spirits, and hindereth procreation, *Semen, ejusque materiam, infrigidando, ac extinguendo*, and maketh the body lumpish. The use of Lettuce is very hurtfull to phlegmatick & melancholick bodies; but it becommeth lesse hurtfull unto them, if mints and tarragon be eaten with it, or if it be boyled & eaten with vinegar, &c. for mints and tarragon doe excellently correct the cold and crude moisture of the Lettuce, and corroborate the stomach; and being boyled, the coldnesse thereof is somewhat abated, it is more easily concocted, & yeeldeth to the body more, and better nourishment. But whether it bee eaten raw, or boiled, as the constitution of the body shall require, this is certaine, that there cannot bee found any simple medicinable meat, wherewith sleep may be procured, and the unquietnesse of the spirits, and heat of choler appeased, as with it. It is of all hearbs the best and wholsomest for hot seasons, for young men, and them that abound with
choler,

The hurts that
come to the
body, by the
too much use
of Lettuce.

choler, and also for the Sanguine, and such as have hot stomacks. It cannot be spoken with how great efficacie, it doth, being eaten with vinegar, extinguish the burning heat of the stomach. But the aged, the phlegmatick, the melancholick, and all such as have weak stomacks, must be very parsimonious in the use of it.

Purselane.

Purselane is cold in the third degree, and moist in the second: it is much used to bee eaten raw in sallads in the Summer-season: it cooleth an hot stomack, provoketh appetite, quencheth thirst, helpeth inflammations of the liver and kidneyes, and also of the head and eyes, by extinguishing the raging heat of choler, and allaying the distemperature of the bloud. In a word, being eaten with vinegar, it is of admirable force against the burning heat of the stomach, against cholerick vomitings, & inflammations of all the inward parts. But the often and too much use of it, weakneth the stomach, and hurteth the sight. It is also boyled and eaten with oyle, salt, and vinegar, in manner of a sallad, and then it is of easier concoction; but the nourishment that cometh of it, being eaten either raw, or boyled, is very little, cold, grosse, & moist, which unto the phlegmatick, to the aged, and to such as have cold stomacks, is greatly hurtfull; but very greatly profitable to the cholerick, and also to the sanguine, and such as have hot stomacks, or any way subject to inflammations of the inward parts. If it be preserved in a pickle made of vinegar & salt, as is usually done for Sampier, it becommeth a very wholsome sauce for every season, age, and constitution: for so it rather

Purselane preserved in pickle, a very wholsome Sauce.

rather heateth than cooleth the stomach, and by reason of an absterfive faculty, which by that means it acquireth, purgeth the stomach of grosse and putrid humors.

Sea-Purselane is moderately hot, and full of indigested moysture : the leaves thereof are boyled, and preserved in pickle, as Capers or Sampier are, and eaten in the same manner at tables : they excite the appetite, and are pleasant to the taste.

Sea-Purselane

Prick-madam is of a watery substance, and cold in the third degree : it is used for a pot-herb, and also in sallads in the summer-season, in which it hath a pleasant taste : it is of singular force against the heart-burne, and all inward inflammations. It is very wholesome for the cholerick, and such as are young, and have hot stomachs; but not convenient for the phlegmatick, and them that be aged.

Prick-madam.

Spinage, or Spinach, is cold in the first degree, and evidently moyst almost in the second : it is commonly used in broths or pottage, and in sallads also, when it is young and tender. It is also boyled, and eaten, being prepared with butter, vineger, &c. but it soone weakneth the stomach, encreaseth wind, and waterish humors, and yeeldeth to the body little or no nourishment at all: it maketh the belly soluble, moderately cooleth the lungs, represseth choler, lenifieth the asperity of the throat and wind-pipe, and is good for the brest that is affected with immoderate heat. It is hurtfull for the phlegmatick, and such as have cold stomachs: but convenient for the cholerick, and them that have hot stomachs.

Spinage.

Blites, and
Orach.

Blites, or Bleets, and Orach, are neere of one nature and faculty: the Bleet is cold and moyſt in the ſecond degree: Orach is cold in the firſt, and moyſt in the ſecond: they are reputed among the number of pot-herbs, and are in ſome places eaten boyled, as other ſallad-herbs are: the only good property in them is this, that they make the belly ſomewhat ſoluble, for they are of themſelves unſavory, of a crude and wateriſh ſubſtance, and therefore of little or no nourishment at all. They weaken and annoy the ſtomack, eſpecially in ſuch as are phlegmatick, they are only allowable for cholerick and dry bodies.

Beets.

There are three ſorts of Beets, the white, the red, and the dark green: the laſt is not to be reputed among alimentary ſimples. The white Beet is a common Pot-herb, it is cold in the firſt degree, and moyſt in the ſecond: the other kinds are ſomewhat dry, and all of them abſterſive, by reaſon that they have a certaine ſalt and nitrous quality joyned with them; but the white Beet leaſt of all. The white and red Beets being eaten, boyled in the ſame manner as Lettuces are, do quickly deſcend, open the obſtructions of the liver and ſpleene, and make the belly ſoluble. They yeeld to the body very little nourishment, and being much eaten, they are offenſive to the ſtomack; but the red Beet is to be preferred before the other: The broths or pottage wherein they be boyled, are good for ſuch as are wont to be coſtive, or ſubject to obſtructions of the liver and ſpleene; but the leaves themſelves eaten, are only convenient for ſuch as have ſtrong ſtomacks.

macks. The leaves of the great red Beet, or Roman Beet boyled, and eaten with butter, Or oyle, vinegar, and pepper, is a most pleasant and delicate salad, or meat. But what excellent and dainty meat might be made of the red and beautifull root, which is to be preferred before the leaves, as well in beauty, as in goodnesse; I leave to such as are expert in Cookery, assuring them that they may make therof many and divers dishes, delightfull to the eye, pleasant to the taste, and wholsome to the body.

The great red
Roman Beet.

Mercurie is much used among other pot-herbs: it is moderately hot and dry, and of an absterfivè faculty: it maketh the belly soluble, and evacuateth choler, phlegme, and waterish humors. It is very good to be used in broths, or pottage, for such as are costive and subject to obstructions.

Mercurie.

Mallowes are also numbred among the pot-herbs: the best and wholsomest of them is the curled Mallow, called of the vulgar sort, French Mallowes, and next to them the common Mallow: they are little hot, and of a moist and slimie substance: they are not good to be eaten boyled, as Lettuce and some other hearbs are, because they engender a grosse and slimie juyce, which is very offensive to the stomach, inducing lothsomnesse, by weakning and relaxing the same; but being used in broths or pottage, they make the belly soluble, & are lesse hurtfull to the stomach. They are profitable for such as are wont to be costive, and affected with too much astringion of the stomach. They are for physick uses of singular efficacy in all obstructions and inflammations of the reines and bladder.

Mallowes.

Mallowes very
hurtfull to the
stomack.

Sorrell.

Sorrell is cold and dry in the second degree, and because it is sowre, it cutteth and extenuateth tough and grosse humors: it exciteth the appetite, quencheth thirst, cooleth an hot stomach, mitigateth the inflammations of the liver, openeth the obstructions thereof, and is very profitable in all hot and pestilentiall fevers; for it strongly represseth choler, and marvellously preserveth the humors from putrification. Wherefore in the time of pestilence, or any evill constitution of the aire, to prevent infection, it is good oftentimes, especially mornings fasting to chew the leaves of Sorrell, and suck downe the juyce. And this proveth that Green-sauce is not only good to procure appetite, to coole an hot stomach, and to temper the heat of the liver, but also wholsome against contagion. The like may be said of the juyce hereof, which maketh a very profitable and pleasant sauce for many meats, especially in hot seasons. A posset made of the juyce hereof with some midling Ale or Beere, is very good for such as are troubled with any hot ague, or inward inflammation: for it exceedingly cooleth the body, and quencheth thirst. A syrup made of the juyce hereof, is of excellent efficacy in all hot and pestilentiall fevers, and a present remedy in all fluxes, especially of blood. The leaves sodden and eaten in manner of a spinnach tart, or otherwise, looseth the bell, and doth attemper and coole the blood exceedingly. The young and tender leaves are good in sallads with other hearbs, especially with Lettuce and Mints: the mixture of which three do make a very wholsome and delicate sallad. Sorrell

* For the one doth correct the siccity, the other the frigidity of the Sorrell.

is good in hot seasons for such as are young, for the cholerick, and the sanguine; but hurtfull to the melancholick.

Wood Sorrell or Sorrell *du bois*, is of the same nature that the common Sorrell is, yet more Cordiall and fortifying the heart: and therefore more fitting for use in malignant and pestilentiall fevers.

Wood-Sorrell

Endive and Succory, because they are much like in operation, I joyne them together. Succory is compleatly cold in the first degree, and dry in the second. Endive is cold in the first degree, and whilst it is young, it is rather moyst than dry, and is much like to Lettuce in taste and efficacy. They are somewhat astringent to the stomack; but by reason that they be something bitter, they do also cleanse and open, especially the obstructions of the liver and gall: they repress choler, and are excellent, as well in meat as medicine, for an hot stomack and liver. The young and tender leaves and stems, which are best for meat, because they are in taste more pleasant, and lesse offensive to a weak stomack, are eaten either raw in sallads with Mints and other like hearbs, which way they are wholsome for an hot stomack; or boyled and afterwards eaten with oyle and vineger in manner of a sallad, and so they are lesse offensive to a cold and weak stomack: for to be eaten raw, they are very hurtfull to them that have cold and weak stomacks, and that are subject to distillations. They are also very wholsome to be boyled in broths: but what way soever they be used, they temper the heat of the stomack and liver, cleanse the blood, singularly open the obstructions

Endive and
Succory.

of the Liver, and strengthen the same, especially Succory: for among medicinable nourishments, there is none that doth so greatly delight the liver, and profit it being inflamed, and by reason of siccity obstructed, as Succory doth. They are not good for the aged, but very profitable for such as are young, for the cholerick, sanguine, and them that have hot stomacks.

Dandelion.

Dandelion is like in temperature and effect to Succory: it is good to be used in pottage, or boyled whole in broths, or eaten in sallads, and is effectually for those things, for which Succory is.

Borage and Buglosse.

Borage or Buglosse are hot and moist in the first degree: they purifie the blood, expell melancholy, and have a speciall property of comforting and exhilarating the heart. Whereby it appeareth, that the custome of putting or macerating them, especially the flowers and freshest leaves, in wine, is very good, and chiefly to be frequented of Students, and such as are subject to melancholy: they are also good in broths for such as are weak, sad and melancholick. The flowers are very good in sallads, and the conserve made of them doth performe all the aforesaid things with greater force and efficacy. The leaves boyled and eaten in manner of a Spinach tart, or otherwise, are very wholesome; for they engender good humours, and make the body soluble. They are good for every season, age, and temperature. Lang de beuf is in all things of like operation with Borage and Buglosse.

Lang de beuf.

Burnet.

Burnet is dry in the end of the second degree, if not in the beginning of the third, and hot in the first

first: it is very astringent, and therefore effectually to stop the laske, and all fluxes of blood, and to re-
presse cholerick vomitings, being boyled in broths
for the purpose or used any other way. It is also ve-
ry effectually, against the plague, and other affects of
the heart, as swooning, and the trembling thereof,
especially being macerated in wine, and the same
drunken: for the leaves being put into wine, espe-
cially Claret, yeeld unto it not only an excellent
relish in drinking, but also maketh it much more
comfortable to the heart and spirits: it notably
strengthneth the stomack, expelleth melancholy, &
maketh the heart merry. Burnet is good for eve-
ry age, season, and temperature, especially for the
aged, and such as are subject to melancholy.

The excellent
vertues of Bur-
net in VVine.

Cinquefoyle is dry in the second degree, and
hot in the beginning of the first: it hath an astrin-
gent and consolidating faculty, and therefore very
profitable to be used when there is need of binding,
as in fluxes, &c. It is a very good pot-herbe for
such as are too laxative, of what age or constitution
soever they are of; but if there be no need of bind-
ing, it is not convenient for the aged, nor for such as
are of a melancholick temperature.

Cinquefoyle.

Strawberry-leaves are in temperature and faculty
much like unto Cinquefoyle; but rather cold in
first degree.

Strawberry
leaves.

Violets are temperately cold and moyst: they
are good for all inflammations, especially of the
lungs, for the horseness of the brest, and asperity
of the wind-pipe: they extinguish thirst, temper the
sharpness of choler, mitigate the burning heat of
fevers,

Violets.

feavers, and coole the inflamations of the liver, kidneys, and bladder. The greene and freshest leaves of Violets boyled in broths or possets with other cooling hearbs, as the young and tender buds or leaves of Endive, Succory, Lettuce, &c. are very good to coole, moysten, and make the body soluble, to avoyd choler, and to bring the parts inflamed to a good temperature. The flowers are to be preferred before the leaves: for by reason of their sweet and pleasant smell, they are also very comfortable to the spirits. These and also the flowers of Borage, and of the Rose, are with good authority used in sallads; for they please a weak stomack, comfort the heart, temper and purifie the bloud, expell sadness, and are enemies to melancholy. Of Violet flowers with sugar there is made a Conserve, and also a Syrup, most effectuell for all the purposes aforesaid. There is likewise made of Violets and Sugar, certaine Plates, called, Violet Tables, which are very pleasant to the taste, and comfortable to the heart and spirits.

The flowers of Violets, of Borage, and of the Rose, are very vñholsum in Sallads.

Roses.

All the sorts of Roses have in them divers and sundry faculties, because they do consist of divers parts: for there are in them both earthy, watery, and aiery parts; which notwithstanding are not in all Roses after one sort: for in one kind these excell, in another those. As in the White, Damask, and Musk Roses, moist, aiery, and spiritual parts are predominant, by reason whereof they are more forcible to make the belly soluble; but this their solutive faculty lyeth altogether in the juyce of them, and not in the distilled water. The juyce of the Da-

mask

mask Rose doth move to stoole, more than of the White; but most effectually of the Musk Roses: yet the Damask Rose is for goodnesse, and pleasantnes of smell fittest for medicine, or meat, and therefore is more commonly used. In the Red Roses, earthy parts are predominant, and by reason that they are of a more earthy substance, they are also of a drying and binding quality, yet not without certaine moysture adjoynd while they bee fresh, which they loose when they bee dryed: and for this cause their juyce is of an absterfive and solutive faculty, and their infusion doth also make the body soluble, yet not so much as of the others aforesaid. The vinegar wherein the leaves of Red Roses have been steeped, doth not only excite the appetite, but also excellently refresh and comfort the stomack. But all the Roses have a predominant cold temperature in the first degree: being dryed and their moysture gone, they do bind and dry, but most of all the Red Rose; and likewise coole, but not so much as when they are fresh. The sweet and pleasant smell of Roses is very comfortable to all the senses, spirits, and principall parts of the body, and so is the distilled water of them, which doth also gently temper and coole the inward parts. The same being put into junketing dishes, sawces, and such like other things, giveth unto them a delectable and comfortable taste. The Syrup made of the infusion of Roses, called of the Apothecaries, Syrup of Roses laxative, is a most singular and gentle loosening medicine: for it projecteth not only those excrements which stick to the bowels, but also car-

Rose-vineger.

Syrup of Roses
laxative, not
good for such
as have vweak
and moyst
stomacks.

Conserve of
Red Roses.

Roses prefer-
ved.

Sugar-Roset.

rieth downwards out of the stomack and mesarick veines, raw, phlegmatick and cholerick humors, and also allayeth the extremity of heat in agues, and burning fevers. The use therof is profitable to make the belly loose and soluble, and may be taken at all times, and of all sorts of people both old and young, except of such as have weak and moyst stomacks; for by reason of the relaxing faculty thereof, it maketh the stomack more slack and weak. The Conserve of Red Roses comforteth the heart and liver, strengtheneth a weak stomack that is moist and raw, and staieth all fluxes both in men and women: It is passing good to be used of Students, especially at their going to bed, who for the most part have weak stomacks and subject unto Rheumes, Coughs, and Consumptions: for it is of a notable absterfiv, consolidative, and confortative faculty. Roses boyled in cleane water untill they be very tender, and afterwards with a competent quantity of Sugar preserved, are so well for goodnesse, as pleasantnesse of taste, to be preferred before the crude or raw conserve, especially for such as have very weak and feeble stomacks. The like may bee said of Sugar-Roset, which is very delightfome to the pallat, and comfortable to the stomack: it strengthneth the heart, and removeth the trembling thereof, comforteth the braine; and is, by reason of its clenfing and consolidating faculty, of singular efficacy in consumptions of the lungs. The use of it is most profitable for them that have weak and crude stomacks, or are affected with superfluous moysture in the lungs, & subject to consumptions.

Gillow

Gillow-¹
flowers.

Gillow-flowers, some are in colour white, some purple, and some yellow. As they are in beauty, and sweetnesse, so they are in vertue and wholsomnesse; but the yellow Gillow-flowers are of greatest efficacy. They are somewhat of an hot and dry temperature: they notably comfort the heart, delight the braine, and senses, and revive the spirits. They may be preserved in Sugar in the same manner as we do Roses, and so they are good against pestilentiall infections, the palsey, cramp, and such like infirmities of the braine and sinewes. The same flowers infused in vineger, and set in the Sunne for certaine dayes, as we do for making of Rose-vineger, do make a very pleasant and comfortable vineger, good to be used in time of contagious sicknesses, and very profitable at all times for such as have feeble spirits, and that are subject unto swoonings, as well smelled unto, as eaten as a sauce with meats. The conserve or syrupe made of the Carnation Clove Gillow-flower is exceeding Cordiall, being eaten now and then: and so is the vineger wherein the flowers have beene infused, to be used as a sauce with meats.

The flowers of Marigold are temperately hot, and somewhat dry withall: they strengthen and comfort the heart, and expell any noysome infection: wherefore the use of them in pottage or broths is very commendable. They are of no lesse force, being dried, and so kept all the winter for the same purpose. They are very wholsome for every season, age and temperature, saving for the cholerick, and sanguine, that are much subject to inflammations.

Marigold.

The leaves of Marigold are in no respect like to the flowers in vertue and operation: the only property that they have, is to mollifie the belly, and procure solablenesse, being used as a pot-herb.

Asparagus.

Asparagus or Sperage is hot in the beginning of the first degree, and temperately moyst: the first and tender sprouts thereof boyled, and afterwards seasoned with oyle, vineger, salt and pepper, and eaten in manner of a sallad, are pleasant to the taste, acceptable to the stomack, easily concocted, and yeeld to the body a moyst and wholsome nourishment: they also gently loose the belly, open the obstructions of the liver and milt, cleanse the breast, excite *Venus*, and are good for obstructions of the kidneyes and bladder. They must not be eaten cold, for then they are nauseous to the stomack: and if the first water wherein they are boyled, be cast away, and they againe sodden in fresh, or rather in the broth of flesh, they do depose all their bitternesse, and become more pleasant to the taste, and more comfortable to the stomack. They are good for every age and temperature, especially for old men, and such as are subject to obstructions.

Hop-buds.

The buds or first sprouts of the Hop which come forth in the spring, are good while they be tender, to be boyled and eaten with oyle and vineger in manner of a sallad, as those of Asparagus are: they are hot and moist in the first degree, they are pleasant to the taste, of very pure and wholsome juyce: they do effectually open the obstructions of the bowels, especially of the liver, and by a certaine singular prerogative, mundifie and purge the blood,

both

both in opening and procuring of urine, and likewise in making the body soluble, avoyding thereby the superfluities of choler, and melancholy. Wherefore the use of them is in the spring-time most accommodate for every age and constitution, especially for the cholerick and melancholick.

Parsley is hot and dry in the second degree: it is among the pot-herbs the chiefeft, and in such frequent use, that no meat is thought to be well dressed without it, and no Table to be well set forth, if even the dishes themselves be not adorned therewith. In sauces is is very pleasant to the taste, and comfortable to the stomach: to broths it likewise giveth a pleasant and delightful relish: it exciteth the appetite, discusseth wind, mundifieth the stomach, provoketh urine, openeth all obstructions of the inward parts, especially of the liver, reines, and matrice. The roots have likewise an opening, and dissolving faculty: wherefore the use of them in broths is very wholesome and good; for besides their medicinable quality, they make the broth delightfulfull to the taste, and very agreeable to the stomach. Parsley eaten raw, is not altogether of laudable nourishment; for it breedeth a cholerick bloud, and is hardly digested: wherefore it is good to eat it but in small quantity; and that together with Lettuce, and such other-like cooling hearbs. And therefore that which is written by some, that Parsley is hurtfull to the head, must be understood of raw parsley, and that also eaten in too large a quantity. But being boyled, and so any way used, it is of better taste, of easier concoction, and of farre more

Parsley.

Parsley roots.

laudable nourishment. Raw Parsley is hurtfull to the cholerick; but being boyled, it is wholesome and convenient for every age, season, and temperature. Women with child may not be bold in the use of Parsley; for by reason of its opening and relaxing faculty, it may prove dangerous unto them.

Alexanders.

Alexanders are of an attenuating, and abstergent faculty, more hot and biting in taste than Parsley: they discusse wind, open the obstructions of the liver and milt, and provoke urine more effectually than Parsley doth. The young leaves and little tender stems boyled, and eaten, seasoned with vinegar, in the beginning of the spring, are pleasant to the taste, acceptable to the stomach, and of wholesome nourishment. The same being also preserved in a pickle of vinegar and salt, are a very wholesome sauce with meates, exciting the appetite, cleansing and comforting the stomach, and removing oppilations. They are convenient for every age and constitution, especially for the phlegmatick, and all such as are subject to obstructions.

Penyroyall, or
Organic.

Penyroyall, or Organic, is hot and dry in the third degree, and of an excellent extenuating, dissolving, mundifying, and corroborating faculty: It is very good for such as have squeamish and watery stomachs; for it notably strengthneth the same, helpeth the concoction, and asswageth the paines both of the stomach, and also of the belly, proceeding of crude and flatulent humours: It also provoketh urine, cleanseth the lungs, and mundifieth the brest from grosse and thick humors. In a word, it is of all pot-herbs the best and wholesomest; for
it

it is of such an excellent smell, and delectable savour, that it maketh every thing wherein, or where-with it is boyled, no lesse wholsome, than savory. It is good at all times, and for all sorts of people, especially in the Spring, Winter, and Autumne, and for the phlegmatick, melancholick, and such as are aged.

Hyssop, is for smell and taste but little inferiour unto Organie: it is hot and dry in the third degree, and also of an excellent attenuating and mundifying faculty: it is comfortable to the head and stomach, and passing good for an old cough, and shortnesse of breath: for it notably purgeth and mundifieth the brest and lungs from grosse and phlegmatick humors. It is at all times, especially in the spring and winter, most expedient and profitable for the aged, the phlegmatick, and all such as abound with cold and rheumatick humors.

Time is a very aromaticall and comfortable hearb, hot and dry in the third degree, and of a discussing and mundifying faculty: it is very comfortable to a weak stomach, and of singular and excellent efficacy against the windinesse of it, the Collick, Iliack, and nephritick passions, the cough, shortnesse of breath, melancholy, and obstructions of the matrice. The hearb dried and decocted, or made into powder, and so any way used, is of farre greater efficacy than when it is green, for all the purposes aforesaid. The use of Time is most appropriate for the phlegmatick, and the melancholick; and being timely and moderately used, convenient for every age and constitution.

Savory

Savory.

Savory is hot and dry in the third degree; of an attenuating, discussing, and mundifying faculty. It comforteth and strengthneth the stomach that is weak, and prone to vomit, helpeth the digestion, discusseth wind, comforteth the braine, quickneth the sight, clenseth the breast, and passages of urine. The hearb dried and used, as I have said of Time, is of greater efficacy, than when it is green: in a word, it is altogether of like vertue with Time, especially good for all such as abound with cold and phlegmatick humors.

Mints.

Mint is hot and dry in the beginning of the third degree, whereof are divers kinds, but two only appertaining to meat, and they also most fragrant in favour, that is, the red garden Mint, and the Speare-Mint, and of these two, the Speare-Mint is the more excellent, both for favour and vertue. The fragrant smell of them doth very greatly comfort the braine and spirits, stirre up the senses, especially the memory, and make the heart cheerefull. Wherefore I advise all such as lead a studious kind of life, to smell oftentimes unto them. They do marvellously corroborate a cooled and weak stomach, stay the hicket, and vomiting, and loosenesse of the belly, dry up and consume crude and superfluous humors in the stomach, excite the appetite, and cause good digestion: in a word, they are of all hearbs, the wholsomest for the stomach, and to it most acceptable. They are passing good in sallads, for they give unto them a very pleasant, odoriferous, and comfortable relish; but they must be mingled with Lettuce, and other cooling hearbs: for other-

Mints very
wholsome in
sallads.

otherwise, by reason of their heat, they will quickly offend an hot stomack and liver. They inhibit the curdling of milk in the stomack, and therefore it is good to macerate them a while in milk that is to bee drunken, for feare lest that it should curdle or waxe sowre in the stomack. They notably strengthen the seminall vessels, incrassate and make fruitfull the geniture, especiall the red garden Mint: wherefore it is of speciall and singular use in all seminall fluxes. They are also of singular use in the Stone and Strangury, being boyled in wine, or possets for the purpose, and also in broths: for besides that they dissolve and consume the crudities of the stomack, and strengthen the same, they also purge the reines, and urinall passages, of grosse and slimy humors. The juyce of Mints, taken with the juyce of a sowre Pomgranat, or with some other competent thing for the purpose, effectnally stayeth vomiting, and scowring in the cholerick passion, and also the effusion of blood, from the inward parts. Mints boyled in Whit-wine with a little vinegar added thereto, and the mouth washed therewith, helpeth the ill savour of the mouth, and putrifaction of the gumes. The dry powder of Mints, taken with warme milk, is a very good medicine for Wormes in Children, or old folks. The powder of Mints, is also of singular efficacy against crudity, and rawnesse of the stomack, and effectuall also for most of the purposes aforesaid. The often use of Mints is hurtfull to hot and dry bodies: but very profitable to the aged, phlegmatick, and melancholick.

Bawme, and
Basill.

As Mints are appropriate to the stomack : so Bawme and Basill are to the heart. Bawme is hot and dry in the second degree , and Basill is likewise hot in the second degree ; but hath a superfluous moysture adjoynd with it. They are singular good (especially Bawme) for the heart and infirmities thereof : for they strengthen the vitall spirits, expell all melancholy and sadnesse , and make the heart merry. Bawme is also good for a moyst and cold stomack, to help the concoction, stay vomiting, and to open the obstructions of the braine. It is an hearb greatly to be esteemed of Students, for by a speciall property, it driveth away heavinesse of mind, sharpneth the understanding, and encreaseth memory. Wherefore it is good to be used in broths , or eaten by it selfe in manner of a sallad , with oyle and vineger , and sometimes also with Lettuce, Purselane, and other hearbs. Basill, I deeme to be rather fit for medicine, than for meat , because it is of ill juyce, of hard concoction , offensive to the stomack, filling both it and the belly with wind: and being much eaten, it is also very hurtfull to the sight. But yet it is worthy to be esteemed for the sweet savour thereof, which is very comfortable to the heart, and good also for the head, so the braine be not weak: for it causeth head-ach in such as have weak braines, by reason of the strong savour which it hath , especially being often smelled unto. Bawme is good in sallads and broths , for every age and constitution, especially for the phlegmatick and melancholick ; but Basill not convenient for any.

Majoram

Majoram is hot and dry in the beginning of the third degree: it is of thin parts, and of a digesting faculty: this hearb is passing good in broths or sal-lads. for it comforteth the stomach, and helpeth the concoction thereof, corroborateth the liver, and is good for the obstructions of it: it also comforteth the heart, but especially the braine, quickneth the sight, and is of marvellous efficacy against all cold infirmities of the head. Moreover it provoketh urine, and discusseth wind with much efficacy. The hearb dryed, and made into powder, and any way taken, doth notably comfort a cold and windy stomach, help the digestion, strengthen the braine, prevent convulsions, and all infirmities of the sinewes and braine, proceeding of a cold and moyst cause. In a word, it is an hearb worthy to be much esteemed of all persons, even for the pleasant smell of it, which to the heart and head is very comfortable. The use of Marjoram is not good for hot and cholerick bodies; but for the phlegmatick, and such as have cold stomachs, and over-moyst and weak braines, it is marvellous good and convenient.

Marjorame.

Betonie is hot and dry in the second degree: it hath a cutting and attenuating faculty: it taketh away obstructions of all the inward parts: in a word, the vertues of it are innumerable; but it is chiefly good for the braine and sinewes, and all infirmities proceeding from the imbecillity of them. The use of it in broths, or otherwise, is good for every age, season, and temperature, but chiefly for such as have weak and feeble braines.

Betonie.

Sage.

Sage is a most wholsome hearb, hot and dry in the beginning of the third degree, and of an astringive faculty. It helpeth the concoction, and discusseth wind, singularly comforteth the head and braine, quickneth all the senses, especially the memory, and strengthneth the sinewes. Wherefore the use of it is exceeding good for such as are subject to the palsey, or trembling of the hands, and all other affects of the sinewes and braine, upon a moyst cause. It may be eaten in sallads, or any other way used; but in sauces with meats of moyst substance, it is of singular profit, for it exciteth the appetite, and correcteth the superfluous moysture of the meat. The often chewing of it in the mouth is very profitable to the sinewes and teeth, for it strengthneth the one, and preserveth the other from putrefaction. The use of Sage is good for women with child, especially such as are subject to abortion. And out of it may be extracted, &c. for women that are barren, a remedy of excellent efficacy, to make them fruitfull and apt to conceive; but yet not convenient for all that are childlesse. Sage, especially the much and frequent use thereof, is hurtfull in hot and dry seasons, and to leane and dry bodies; but very profitable to the phlegmatick, to the aged, and to such as have over-moyst and weak braines.

Rosemary.

Rosemary, is in vertue and quality, much like unto Sage, for it is both hot and dry, and also astringent: the use thereof is very profitable: for it correcteth the superfluous moysture of meats, corroborateth and raiseth up a cold and weak stomach, discusseth wind, sweerneth the breath, comforteth

teth the heart, braine, and sinewes, quickneth the senses, and memory, and strengthneth the sinewie parts. Wherefore it is good against the rheume, and all infirmities of the head, braine, and sinewes, proceeding of a cold and moyst cause. The Conserve made of the flowers of Rosemary, and also of Sage, which I wish to bee often used of Students, especially mornings fasting, and sometimes after meale, doth greatly delight the braine, revive the spirits, quicken the senses, comfort the heart, and maketh it merry. Rosemary is most accomodate for cold and moyst seasons, for the aged, phlegmatick, and rheumatick.

Costmary and Maudline are hot and dry in the second degree, they are good for a cold stomack and liver, and provoke urine: the smell of them is comfortable to the braine. Costmary is also called Ale-coast, and it doth well answer to the name: for if it bee steeped a while in Ale, or put into a vessell, and Ale tunned thereunto, as is usually done in the making of Sage-Ale, it maketh a pleasant drink, and very comfortable to the stomack, braine, and sinewes. They are good for the aged and phlegmatick; but hurtfull to such as are young, and of an hot and cholerick temperature.

Costmary and
Maudline.

Tansie is hot and dry in the beginning of the third degree: it strengthneth the sinewes, and is very profitable to the stomack: for it concocteth and scowreth downwards crude and phlegmatick humours, which adhere and cleave thereunto. From hence

Tansie.

may be gathered, that Tansies in the Spring time, are very wholsome, and good for the stomack, for the cleansing away of phlegme, bred therein by the use of fish in the Lent-season. And here many may see their error detected, that for the making of Tansies, do confusedly use, to give only unto them a delightfull green colour, beside the juyce of Tansie, the juyce of other hearbs, perhaps altogether unwholsome, or at least wise unfit for the purpose. But if any please to adde to the making of Tansies, the juyce of Sorrell, they shall willingly have my assent, especially if they make them for such as are of a cholerick temperature. The seed of Tansie is of singular force against wormes, for in what sort soever it bee taken, it killeth and expelleth them. Tansie is convenient for the phlegmatick, and the aged, but hurtfull to young and cholerick bodies.

Clarie.

Clarie is hot and dry in the third degree: the only use thereof is for the imbecillity of the reines, and for stopping of feminall fluxions, for which it is very profitable, being boyled in broths, or any other way used.

Rocket and
Tarragon.

Rocket and Tarragon are neere of one nature and quality, hot and dry in the third degree; but Tarragon, in regard of the aromaticall and cardiacall savour of it, is to be preferred before Rocket. Among all hearbs of an acrimonious savour, and that are used in sallads, they may have the preheminence, especially Tarragon, for by reason of its aromaticall and cardiacall quality, it is much more comfortable to the stomack, heart and head, than
Rocket

Rocket is. They cut and extenuate phlegme in the stomach, excite the appetite, and help the concoction. They are good in fallads, but not alone, but joyned with Lettuce, Purselane, and such cold hearbs, for the qualifying of their acrimonious heat: otherwise being eaten alone, they distemper the liver, and cause head ach. Wherefore the best way to make fallads, is to mingle hot hearbs and cold together, except you will make them of purpose to coole or heat, as the nature of the stomach, and temperature of body shall require. Rocket and Tarragon are convenient for the aged and phlegmatick, not for the cholerick, and such as are of hot temperature.

Towne-Cresses, or as the vulgar sort do pronounce, Town-karffe, is more byting in taste than Rocket or Tarragon, and therefore more hot and dry. It is eaten with other fallad hearbs; but what way soever it be used, it notably heateth a cold stomach and liver, cutteth and attenuateth grosse humors, mundifieth the lungs, helpeth the Asthmatick, openeth and strengthneth the melt, and is well-neere as good, and as effectually against the Scurvy, as Scurvy-grasse. It may not be eaten in fallads, but in small quantity, and that with Lettuce, and other cold hearbs; for it will quickly offend the stomach, distemper the liver, inflame the blood, and annoy the head. Water-Cresse, or Karffe, is altogether of like nature and faculty, as Town-Karffe is, and is also very effectually against the stone. They are good for the phlegmatick, aged, and such as are subject to obstructions.

Town Cress,
ses, or Town-
Karffe.

VWater-Karffe.

Avens

Avens.

Avens are hot in the end of the first degree, and dry in the end of the second, with a kind of scowring, or clensing quality: they are very wholsome in pottage or physicall broths, though they make them look black: for they clense away such things as adhere to the intrails, and are good against crudity or rawnesse of the stomack, windinesse of the belly or sides, stopping of the liver, and clotted blood in any inward part of the body, especially being decocted in wine. The roots of Avens are in the Autumne and Winter very profitable in physicall broths, or other decoctions, for all the purposes aforesaid. They are good for every season, age, and temperature, saving only for the cholerick which are free from wind, and obstructions of the entrails.

Filipendula.

Filipendula, is hot and dry even in the third degree, of an opening and clensing quality, and yet with some little astringion adjoyned. Although this hearb bee in physicall uses chiefly profitable for the stone and strangury, yet I thought it meet, because it is common in gardens, not here to omit it. Wherefore such as are subject to the stone and strangury, may to their ease and comfort use the herb in their pottage, broths, or possets.

Chervill.

Chervill is of a temperate heat, and moderate drynesse: it is an hearb exceeding good and wholsome, very pleasant to the taste, delightfome to the stomack, and comfortable to the spirits and senses. It may be used in pottage, broths, and sallads, &c. In sallads with other hearbs it is most acceptable, by reason that it giveth unto them a very pleasant and delicate relish; but for sallads, the seedes while they

they are greene, or the round tufts or heads which containe the seed, do farre excell the leaves, which for pleasantnesse of taste, sweetnesse of smell, and wholsomnesse for every age and temperature, doe also excell all other sallad-herbs. And to bee eaten by themselves as a sallad, with Oyle Omphacine, vinegar, and pepper, they exceed any other sallad, for a cold and feeble stomack. The roots of Chervill boyled, and after dressed, as the cunning Cook best knoweth, or only eaten in manner of a sallad with oyle and vinegar, are singularly good and wholsome for weak and aged people, and for such as are dull and without courage: for they delight the stomack, rejoyce and comfort the heart, increase strength, excite Venus, and depell old age.

Roots of Chervill exceeding wholsome.

Wormwood is hot and dry in the end of the second degree: it hath a clensing faculty with some astringtion adjoynd: it is marvellous profitable to a weak stomack that is troubled with choler; for it clenseth it through its bitternesse, and by reason of the binding quality, it also strengthneth and comforteth the stomack. Moreover it is good against windinesse, and griping paines of the stomack and belly: it strengtheneth the liver, and ridderth it of obstructions, and the bloud of putrifaction, clensing by urine, naughty, cholerick and superfluous humors. It also helpeth the spleene when it is overcharged or filled with grosse feculent bloud, by causing it to passe downward by the stoole, together with the excrements. Wherefore in regard of the great commodity that wormwood bringeth to the stomack and liver that are weak and oppres-

Wormwood.

The wholesom-
ness of VVorm-
wood VVine
or beere, and
for vvhom it is
most conveni-
ent.

fed through the redundancy of choler or melancholy, I advise all those in whom those humours exceed their limits, to eat oftentimes the young and tender tops, or leaves of wormwood in sallads with other hearbs; but especially to drink mornings fasting, and sometimes also before meales, a draught of Wormwood Wine, or Beere, or in want of them, of white Wine, or steale Beere, wherein a few branches of Wormwood have for certaine houres been infused, and I assure them, that they shall find great commodity thereby: for it will cleanse the stomack, liver, gall, and spleen, discusse windinesse, cause them to have a good appetite to meat, to bee free from wormes, the laundies, and other diseases proceeding of choler. Hence it may appeare, that those, who being of a phlegmatick or moist temperature, doe for the weaknesse and windinesse of their stomacks, make often use of Wormwood Beere, or of the hearb infused therein, as aforesaid, are much deceived, except that choler or melancholy shall accidentally happen to abound in their stomacks, because Wormwood is first and chiefly good for the cholerick, next, for the melancholick, and is now and then also convenient for the sanguine constitution, because the sanguine constitution is very apt to grow collerick; but for the phlegmatick it is nothing at all availeable, unlesse that choler or melancholy shall happen to offend their stomacks through obstructions of the gall or milt: and for such in regard of the weaknesse and windines of their stomacks, Wormwood-Wine, or the hearbe infused in wine, as aforesaid

said

said, is far more convenient than any Absinthiary Beere.

The seeds of Fennell are hot in the 'end of the second degree, and dry in the beginning of the same: the greene branches are lesse hot and dry. The sweet Fennell doth so farre exceed the common in vertue and goodnesse, as it doth in pleasantnesse of taste: it comforteth a cold stomack, dis-cusseth wind, provoketh urine, and hath a singular property of sharpning the sight. It is also very good to be used of Nurses, for it increaseth passing good and wholsom milk. The roots are also very good in broths or other decoctions for the same intents, especially for the obstructions and paines of the kidneys. But the seedes are of greatest force for breaking of wind, for comforting the stomack, and asswaging the paines of it, for corroborating the braine, & preserving the sight, To conclude the branches, seeds, & roots of Fennel are very good for the head, the lungs, the liver, and the kidneys: for they both open, and corroborate those parts. The young tender branches are very good in sallads, and they are likewise, being preserved in a pickle of vinegar and salt, very wholsome to be eaten as a sauce with meat in the winter season. The round tufts or heads of Fennell, which containe the seed, are exceeding wholsome to be eaten; but there are commonly bread in them little wormes of a greenish colour, which are very venomous to the braine and senses: wherefore I advise that the said tufts or heads bee opened, and the wormes carefully shaken off, and afterwards washed cleane and macerated a while

Fennell.

A Caution
concerning
the eating of
the round
tufts or heads
of Fennell.

in cold water, and so eaten in manner of a sallad, either by it selfe, or with other hearbs: they are of an excellent confortative nature, and doe notably discusse wind, and open the obstructions of the liver, brest, and braine. The green seeds, whilest they be tender, and of a yellowish colour, are also passing pleasant and wholsome to be eaten in manner of a sallad, or otherwise, for all the purposes aforesaid. Fennell is very wholsome and agreeable for every season, age, and temperature, especially for the flegmatick, and such as are troubled with the wind.

Anise-seeds and Careway-seeds are answerable to Fennell-seeds in operation and vertues: they discusse winde, comfort the stomacke, and helpe the concoction. They are very wholsome to be eaten any manner of way, especially for such as have weake stomackes, and that are much subject unto winde. But in meates I preferre the Carewayes before either Anise or Fennell-seeds, because they are more acceptable to the stomack, and more delightfome to the taste.

Coriander seeds are of many people much used for the winde, but with very great error, I doubt not: for the hearb it selfe, which beareth the seed, is of a very noysome and venomous quality, whereof the seed in some measure doth participate. For if it bee indiscreetly used, and not well corrected of that filthy and malignant quality, which it receiveth from the hearb, it hurteth the sight, and perverteth the understanding. The best way to prepare the
seeds

seeds for correcting their hurtfull quality, and so to make them wholsome and fit both for meat and medicine, is to infuse them twenty foure houres at the least, in white-wine vinegar, then to take them and dry them, and so to keep them for their use. Being thus prepared, they discusse wind, exsiccate crude humors, strengthen the mouth of the stomack, and repress the ascending of vapors to the head. They are very convenient for cold, phlegmatick, and rheumatick bodies.



Of the manner and custome of Diet.

SECT. IX.

Whether a precise and exquisite manner of Diet be best for the preservation of health.



Lthough it bee very certaine, that a precise and exquisite manner of Diet be of greatest moment, for the preservation of health, in such as are naturally infirme, and of a valetudinary state of body; yet wee see by daily experience, that such as are of an healthy and sound constitution, if they alwayes observe a precise and curious manner of living, do for the most part live lesse

Three sorts
of Diet.

healthily; and the reason is, because they wholly addicting themselves to a curious and accurate kind of Diet, do suddenly upon every light cause, and occasion of change, incurre and fall into divers diseases & distemperatures: wherefore a precise and exquisite custome of Diet is not convenient for any, but for weak and sickly bodies. But that you may know what manner of Diet is best for healthy men to observe, you must understand that there is a threefold Diet, Accurate or Precise, Vulgar or Common, and Subvulgar. An Accurate Diet is that, when a man taketh his meats in a certaine measure, order, and number, and at fixed times, and they also such as are agreeable to his nature and constitution of body, *nec latum unguem*, as the saying is, *ab ea regula discedit*. A vulgar Diet is opposite to the Accurate; it is plaine and rude, of no respect or consideration: for they which observe this kind of Diet, do make no choise of meats, no set or fixed time of eating: for sometimes they eat liquid meats, sometimes hard, sometimes grosse, sometimes fine, sometimes salt, sometimes fresh, sometimes temperate, sometimes intemperate, sometimes of evill juyce, and sometimes of good: sometimes they fill and glut themselves, sometimes they rise with an appetite, sometimes they eat twice, sometimes thrice, sometimes foure times, or oftner in a day. A Subvulgar Diet is as it were a meane between the Accurate and Vulgar: for it is not so rude and plaine, as the Vulgar, nor so precise and exact, as the Accurate: for they which observe this Diet, do commonly eat at set and appointed times, and that also with some

some respect and choice had of the meats. From this distinction of Diet I answer, that a Subvulgar Diet is fittest for healthy men to observe: for they accustoming themselves to a meane and indifferent kind of Diet, do farre more safely, and with much lesse perill sustaine the variety and change of aire, meats, drinks, &c. which even by an inevitable necessity are incident unto us in this life, than they which observe a precise and Accurate Diet. Neither do they with such contrary meats, and perverse manner of living, over-charge and oppugne Nature; as those do that use a Vulgar Diet, which is only fit for agrestick bodies; for whom I write not these things.

*Whether the Refectory, or place for taking of the meat
and drink, be to be altered, according to the
temperature of the season.*

I Answer, that it is: for in the Summer, when the Aire is burning hot, a cold place, remote from the Sun, and that can be blown thorow with the wind, is to be chosen: and the reason is, because the ambient heat of the Aire weakneth the naturall heat of our bodies, even as the Sunne doth the fire by shining on it. But the circumstant cold Aire in hot seasons refresheth the naturall heat, and hindereth the breathing forth of it, by shutting up the pores, by meanes whereof the digestive faculty is much strengthened. Of the contrary, in the winter a roome moderately warme, and shut up from the winds, is best to take the repast in, and that *juxta focum
luculentum,*

luculentum, when the weather is pinching cold, because the externall heat at such times doth not a little comfort and cheere up the internall heat of our bodies. But you must be wary that the roome be not bloomy hot : for that may soone occasion faintnesse and swooning, by weakning the naturall heat, and extracting the spirits.

*Igne ut medicina
utendum.*

Wherefore take this Caveat by the way, which is, that you make use of fire, as of physick, so much as the necessity of expelling the cold, and cheering up the naturall heat shall require : otherwise it will waste the spirits, and exsiccate the body, by drying up the naturall moysture of it.

*Whether it be good for the preservation of health,
never to eat, without a certaine ap-
petite and desire.*

SEeing that there is nothing that doth so greatly obtund and weaken the native heat, and extirpate health, as a fastidious fulnesse of the stomack, and that nothing doth so soone cause the same, as when meats are taken without appetite and desire : I therefore advise all such as are in health, and that are desirous of the continuance of the same, that they eat not, unlesse the appetite be certaine, and the superiour intestines, empty of the meats formerly received : for it is most hurtfull to the body, to ingest nourishment upon nourishment not digested; for by such meanes the oecconomy of the stomack is confounded, and the concoction, which is the root of life, consequently marred.

marred. It is a physicall axiome of perpetuall verity, that the imperfection or fault of a former concoction, cannot be amended in the next: wherefore if the stomach performe not his office, there can never of crude chyle be made good blood in the liver, neither of impure blood any good assimilation in the parts. And therefore intemperate men, which do not give time for the first concoction, do fill their bodies with vicious humours, and wax turgid and discoloured, destroying first (by their intemperancy) the force and faculties of the stomach, next, of the liver, and at length, of the whole body. Wherefore it shall nothing profit a man to use meats of good and wholesome juyce, except they be digested in the stomach: for even as ill humors are bred of these, as of contrary meats, if they obtaine not a good concoction in the stomach. To conclude therefore, seeing that a good concoction of the meats is a matter of so great moment for the preservation of health, I counsell all such as are truly respective of the same, that they oppresse not their stomachs with untimely or immoderate eating, and before all things, that they eschew and abhorre a fastidious saturity, as a thing most injurious to Nature, and pernicious to the health of the body.

Whether it be good to provoke with Sauces an appetite to meats, the stomach being well and naturally affected.

Inswer, that it is better to fast and expect that hunger may excite an appetite, than to irritate the

the same with sauces: for to a man living wisely and soberly, salt with hunger, is the best and wholesomest sauce. But when hunger in gluttonous persons excite not the appetite, then the Cook is put to his shifts by strange mixtures of things to confection a sauce, which may repaire the pittance, please the throat, and excite the appetite. And from hence not simple diseases doe spring up, but inexplicable, and multiforme, exceeding oftentimes the Art of Physicians. For I would have them to know, that dolorous Gours, gravedinie of the head, caliginousnesse of the eyes, tortures and dissolutions of the limmes, trembling of the hands, and many worse miseries than these, are not apt to be bred by parsimony, and a philosophicall dyet, but by an abundant plenitude, occasioned by luxurious excesse. Wherefore my counsell is, that meat expect an appetite, and that the stomack bee by no meanes untimely alliliated unto meat: for as I have said in the former question, it is the hurtfullest thing to the body, to ingest meat upon meat undigested. But if the stomack bee ill affected, as when it is by any distemperature, or debility dejected, I then averre, that it is lawfull, yea very expedient, to excite an appetite with convenient sauces, so as it be done with this caution, that the stomack bee not by them stirred up to the taking of more meat than it can well digest. And here I would have such also as are healthy, to know that I doe not so straitly restraine them from the use of sauces, neither that I am against sauces so morose (for although they allure us to inordinate & immoderate eating, yet the

consilium salubre.

fault.

fault is rather to be attributed to our imprudency, and intemperancy, than to the sawce) as that I do altogether deny them to such as have sound stomackes, and appetites naturally good, but affirme rather, that some simple sawces (abandoning all strange and disordered mixtures) according as the remperature or state of the stomack, nature of the meat, and time of yeere shall require, so that they be soberly, and not untimely or gluttonously used, may sometimes be allowed, and that profitably, not onely to such as have weake and feeble stomacks, but also to them that have both stomack and appetite healthfull and firme enough: for they cause the meates to be taken with greater delight, & such as are eaten with delight, are commonly best concocted. Of which sort are first, as most common, Vineger, Verjuyce, and Mustard; next Orenge and Limons; and then Capers, and Sampier: for these two last, because they have greater force to excite the appetite, than to nourish, are also ranked among the sawces. And all these are not onely good for exciting the appetite, but oftentimes also very profitable for the stomack it selfe, and other parts: for Vineger attenuateth and cutteth grosse humors in the stomack, and represseth choler: Mustard, by reason of the heating, extenuating, and resolving faculty that it hath, is very good for a cold stomack and brest, which commonly are stult with crude and flegmatick humors: Verjuyce, and the juyce of Orenge and Lymons are exceeding profitable for an hot stomack and liver, and therefore very wholsome for hot and cholerick bodies. Ca-

How to make
choyce of savv-
ces agreeable
for every state
and constitution
of body.

pers are very beneficiall to the spleene : and Sam-
pier to the kidneyes. At what time therefore it
shall please any one, or that it shall seeme good to
help his appetite, let him then, according as the
condition and constitution of his body shall require,
make choyce of one or another of the aforesaid
sawces. As if the stomack shall bee affected with
grosse and tough humors, then Vineger is a good
and profitable sawce : If the stomack be stufte with
cold, crude, and slimie humors, Mustard : If the li-
ver or stomack be of hot temperature, or disposed
to inflammations, Verjuyce, the iuyce of Lymons.
Citrons, or sowre Orenge : if the spleene be sub-
ject to obstructions, Capers : If the kidneyes, Sam-
pier, &c. But all strange and confused sawces, espe-
cially such as are not of a comfortable pleasant
sharp relish, which are made to oblectate the pal-
late, abandon, as hurtfull to the body, and accepta-
ble onely to lurching and devouring Bellygods.

A Caution con-
cerning savv-
ces and deli-
cate meats.

And here I cannot but againe admonish all such as
are studious of their health, that they doe not by
sawces, or delicate and daintie meates, provoke
their stomacks to excesse; for meat, by copious
quantity, oppressing the stomack, doth greatly
weaken the naturall heat, and subvert the digestive
faculty; and therefore though it be of good juyce,
because it cannot be concocted, and evinced of Na-
ture, filleth the body with crude and flatulent hu-
mors. Eat ye therefore without satiety, and use
those meats with great sobriety, that besides the
satisfying of hunger, do induce appetite and delight.

From whence is it that some which are very hungry, and have good appetite, eat little; others, of the contrary having little appetite, eat much?

In Answer, that this proceedeth from the diversity of the stomack, which in some is cold and of small capacity; in others hot, and of larger capacity. In that it is cold, it desireth much, and more than it can concoct; but in that it is little, it is soone filled: and therefore a small quantity of meat sufficeth such. Of the contrary, the stomack which is hot desireth little, for heat dejecteth the appetite; but in that it is great, and of large capacity, it receiveth much: and therefore such, when they come to their meale, though they seeme not hungry, yet eat plentifully.

The like may be sayd concerning drinking: for some, though they have naturally dry and thirsty stomacks, are yet satisfied with a little drink: for in that the stomack is dry it is very thirsty, and desireth much moysture; yet because it is of small capacity, being by meanes of its siccitie coarctated, it is filled with a little. *Siccitatis enim est membrum omne coarctare & minorare.* It is the contrary in them that have moist stomacks: for such wanting siccity, which is the cause of thirst, desire not much drink; yet drink much, and are not loaden therewith, as those soone are that have dry stomacks, because the stomack being moist, is the more apt to be distended, even like a mollified Bladder. And from hence it is that Danes, and other Northerne people drink

The reason why such as have dry and thirsty stomacks, though they desire much drink, yet are satisfied with a little: and of the contrary in them that have moist stomacks.

Northerne
people vvh
greater drin-
kers, than
Southerne.

much, by reason of the capacity of their stomacks, whereas Spaniards and such as inhabit other hot Regions, being very thirsty, by reason of the drowth of their stomacks; yet for the reason aforesaid, are filled and satisfied with a little.

Whether meats much desired, albeit not laudable, are to be preferred and eaten, before such as are better, being not desired.

In Answer, that the meats which are most desired, though lesse good, are to be preferred, & rather eaten: the reason is, because the meat which is desired, and taken with delectation, is more welcome to the stomack, more firmly detained, & consequently, better digested; whereas the meat that is not desired, nor taken with delectation, but rather against stomack, is, though it be of good and wholsome substance, seldome well digested. But this is not so generally to be received, as that every kind of meat desired, ought to be preferred before better meat not desired: for if the meat desired be of very ill nature, then it is rather to be eschewed. For example sake: if any of a sound and healthy body, shall more desire Beefe, Pork, or Mutton, than Capon, Veale, or other meats of like goodnesse; Beefe, Pork, or Mutton, are to be granted unto him. But if there be very much difference betweene the meat, which is desired, and a better that is not desired, that is, if the meat desired be of a very naughty and ill property, then it is not to be exhibited, because it may bring much hurt to the body, especially if in such case the
appetite

appetite bee often yeelded unto, and the body not rustickly strong. Wherefore it must be regarged, whether the appetite be enormous, or too too irregular, as it is, when it desireth meats very hurtfull, and to bee rather abhorred, than eaten : for then it is not to bee satisfied, except sometimes in women with child, for feare of abortion. They therefore that live licentiously, and doe not onely satisfie their appetite, without any respect had of the meats or drinks that they desire, but also do much delight in their dissolute manner of living, and do deride others that observe better order, are here to be admonished, that they cease to take pleasure in an evill custome : for although they be lusty and strong for the present, and can for a time well digest, suffer surfet, and beare immoderate diet, either by reason of their age, or by reason of a firm constitution, or by reason of custom, & are not annoyed with any manifest malady; yet let them be sure, that time will hasten their punishment, and that a riotous youth breedeth a miserable age, full of paines and loathsome maladies. But it seldome commeth to passe, that those which lead a dissolute and disordered life, all the time of their youth, live unrill they be old : for unlesse they relinquish their evill manners, and change the course of their life, they are often times unawares afflicted with some violent disease, and so end their daies with miserable torture, perhaps in the flower of their age, when they would most gladly live. Wherefore let all lewd and licentious persons know, that it is far better for them to relinquish their evill manners, and change the course of their life, while

An admonition for licentious livers.

while they bee young, and by sober and temperate living to preserve their health, than by surfet and all maner of disorder, to make their bodies weak, sickly, deformed, and odious both to God and man.

From whence is it, that the accustomed houre of eating being omitted, the appetite oftentimes becomes defective and lost? And how many Cautions ought to be had in the change of an ill accustomed diet?

THe reason of the first is, because the stomach being empty and hungry, drawes up from the intestines putrid vapours and superfluities, which for the time filling the stomach, abateth, and destroyeth the appetite. But because these superfluities do not only evil affect the stomach, but also greatly annoy the head and animall spirits, I do advise all such as are desirous of health, that at their usuall houre of eating, so they feele in themselves a perfect appetite and desire to meat, which they shall perceive by the emptinesse of the stomach, they take their repast, or at least eat a little, that the stomach may have something to work upon: otherwise those noysome vapours, and superfluities which the stomach collecteth from the inferiour parts, will, as I have said, not only offend the stomach it selfe, but also by flying up to the head, hurt the braine, and infect the spirits. To the second, I answer, that an ill accustomed diet is not to be changed but with foure cautions. The first is, that it bee not done rashly, or too suddenly, but with good advisement, and by little and little:

for

for all sudden mutations are to bee eschewed as injurious unto nature. The second is, that it be not done, but in time of perfect health, because the strengths and faculties of the body are then best able to undergo the change. The third is, that it be not done, but in time of leifure and vacancie from great or serious busineses that may distract the spirits. The fourth and last is, that it be not done in the declining or old age, but in the youthly or constant, which extendeth to the 50. yeere of our age, when the strengths & powers of the body are constantly strong. For if an old man, though but entred within the limits of old age, whose strength begins more and more to decline, shall endeavour to alter a long familiar course of life, though hurtfull: it is much to bee feared, lest that in making a change of his custome, a sudden and unexpected change of his life likewise ensue. I knew a very learned Physician, and of an excellent habit of body, that a long time sacrificing too much to his pallate and belly, acquired such a turgid or strowting out belly, and massive body, as at length was so troublesome, and burthensome unto him, that about the 34. yeere of his age, to reduce his body to a competent bignesse, he resolved to adventure upon a change of his diet, viz. to eat lesse, and to drink more sparingly: which he did, and for some small time proceeded, as hee thought, very succesfully in his purpose. But what was the event? Within the compasse of a yeere *diem ultimum obiit.*

Whether may nourishments, by how much the sweeter they are, by so much bee judged the wholsomer.

Inswer, that although Nature bee most delighted with such meates as are sweet, yet those that are meanely sweet, give the better nourishment, & are to be preferred. For such as are extremely sweet, bring a threefold hurt to the body. The first is fulsomnesse: for by reason of their heat and grosse moysture, they soone cloy and weaken the stomack. The second, a speedy inflammation and conversion into yellow choler, whereunto all sweet juyces are very apt. The third, obstructions of the liver and milt: for these two bowels, especially the liver, do vehemently desire sweet things, and from the stomack extract them together with their dreggy superfluities, before they are concocted, whereby the blood becomes crude and subject to putrification and distemperature, and the liver to obstruction, the grosse substance wherein every sweet savour is fixed, thereunto also concurring. All such meats therefore as are immoderately sweet, are to bee eschewed, because they induce fulsomnesse, and subvert the stomack, corrupt the blood, and engender obstructions. And thus much for them that out of a superfine daintinesse cannot live but by sweet meates.

Meates immoderately sweet bring a threefold hurt to the body.

How many things ought such as are studious of their health, specially to respect, in electing meats convenient for their nature and constitution?

THree, the complection of the body, the quality of temperature of the meat, and the substance of it. The complection or temperature of the body, is either temperate, or intemperate: if it bee temperate, then meats of like temperate quality are convenient, for conservation of the temperature: If it be lapsed or distempered, then meats of a contrary quality, agreeable to the lapse, that it may be reduced to a temperature, are to bee assumed. If therefore the lapse be in heat, meats and drinks of cold quality agreeable to the lapse; if in cold, other in like manner of hot quality, are to bee used. The like also is to bee done in lapses of drought and moysture. And if the lapse shall be of divers qualities composed, a compound manner of reduction must also be observed. But in making this reduction, it is to be observed, that a cold constitution lapsed, requireth a stronger quality reducing it, than an hot, because it is more remote from the beginnings of life. The like respect also, in reducing a constitution lapsed, is to be had of the age. And heere it is also to be noted, that as some bodies are subject to obstructions, and some to immoderate fluxions: so are there also some meats that are of an attenuating and soluble faculty, which are good for the former; and some of an incassating, and

an astringent, convenient for the later, so they be moderately, at times convenient assumed. But if any shall eat meats, that are not convenient for his constitution and state of body, by reason of a great desire that hee hath unto such, hee ought to take them with their correctories; as unto moyst and phlegmatick meats, to adde things of contrary quality and substance: for by this meanes they will bee made more agreeable to the body, and so taken with lesse offence. Thirdly, the substance of the meats ought to be considered: for some meats are grosse, and of hard substance, some thin, and of tender substance: these are convenient for a weak stomack, those for a strong: for meats that consist of thin parts, are in a strong stomack, by reason of the great heat of the same, soone corrupted, adusted, and converted into choler: as for grosse and hard meats, they do greatly oppresse a weak stomack, and infringe the naturall heat. Wherefore the meat, as touching the substance of it, ought to be correspondent to the concocting heat of the stomack: and therefore to such as have strong stomacks, meats of strong nourishment, and of slow digestion, are most agreeable; but to them that have weak stomacks, that live at rest, and are subject to obstructions, meats of lighter substance, and of easier concoction, are more accomodate. Besides the complexion of the body, the temperature of the meat, and the substance of it, which are chiefly to bee respected in the election of meats, the age of the person, custome of dyet, and time of the yeere, ought not to be neglected, in which every one may easily direct himselfe.

Whether

Whether the ordinary use of two meales in a day, bee best for the preservation of health?

In Answer, omitting the precise observation of the time, country, and custome, that the use of two competent meales in a day, *viz.* of Dinner and Supper, is generally best for them that are within the limits of 25. and 60. yeeres, leading a studious, or sedentary kind of life, if they desire to avoyd crudity, the originall of most diseases. But such as use much exercise, or are of an hot and cholerick temperature, may eat oftner, as three times in a day, and that more largely at each meale, for the restitution of the substantiall moysture, which by reason of exercise, and a strong naturall heat, is much exhausted. Wherefore I advise them, not to bee altogether fasting till dinner, but to break their fast, with a threefold caution: that they find their stomacks to be cleane & empty; that the break-fast be slender, & that of meats of light digestion; & that it be takē about foure houres before dinner. And here I may not omit to advertise all such as have plethorick and full bodies, especially living at rest, and which are of a phlegmatick temperature, that they not only eschew the use of break-fasts, but also oftentimes content themselves with one meale in a day: for by this meanes, nature being for a time disburthened, as it were, of meats, useth all her power, in digesting and expelling the reliques, whereby it commeth to passe, that the over-plus of bloud is abated, raw humors concocted, all manner

A threefold caution to be observed in the use of break-fasts.

The use sometimes of one meale in a day, for vvhhat bodies conuenient.

Whether in
eating one
meale a day,
were it better
to take it at
supper, than
at dinner?

Very hurtfull
to go to bed
within three
houres after a
full supper.

of excrements expelled, and the whole body consequently, reduced to a sound and healthy mediocrity. Here it may be demanded of such, as for the health of their bodies, can oftentimes be contented with one meale a day, whether it were better to take it at supper, than at dinner? Whereunto I answer, that at supper, because in the night season, and in sleep, the spirits are more intense to concoction, being not withdrawn unto outward and animall actions; yet with this proviso, that they sup not late: for great and late suppers are very offensive to the whole body, especially to the head and eyes, by reason of the multitude of vapours, that ascend from the meats that have bin plentifully received. Wherefore they must, after Supper refrain from sleep, or lying down, three houres at the least, and be sometimes walking, sometimes standing, and sometimes sitting, that the meats may be the better digested, and passed from the stomack, the vapours in some measure consumed, the eyes, and the whole head consequently lesse annoyed. But if any shall erroneously accustom the use of one meale in a day, and shall then lurch and devour so much, or more, as may well serve for two competent refecti-
ons, as some, that usually make but one meale in a day, are wont to do; I must tell them, that two moderate refecti-
ons were far more commendable, and better for their health, than unreasonable feeding and glutting of themselves at once, whereby all the powers and faculties of the body are oppressed, the stomack weakned, crudities and obstructions occasioned.

Here

Here also may those demand, that usually make two meales a day, what space of time ought to intercede the refectiōns? our usuall time for dinner, in all places, is about eleven of the clock; and for supper in most places, about six, according to which rule, we commonly sup about six houres after we have dined, allowing an houres space for a meale. I do well approve of the distance betweene the meales, and also of the allowance of an houres space for a meale: but if Students, that may command the time, and others also, that lead a generous kind of life, shall alter the time for refectiōn; as to dine about ten, and to sup about five, or six, according as their appetite, strenths, and disposition of body shall require, they shall have my better approbation, and that for three reasons. The first is, because it is not good to be so long fasting in the morning, except for moyst and phlegmatick bodies, as aforesaid: for the stomack being over-long empty, attracteth from the intestines, and other parts, naughty fumes, and putrid humors, which do not a little hurt both it and the head, especially in such as are of a cholerick temperature. The second is, because a larger time may be allowed, as shall be requisite, for the concoction and distribution of the meats received at dinner: for we ought not to eat againe, if we will be diligent observers of our health, untill the meat eaten before, be first concocted, and well avoyded out of the stomack, and the appetite thereupon certaine, as it is formerly demonstrated. The third reason is, that they, who being subject unto rheumes, having supped by six, which order for Students

dents is very well observed in our Vniversities, will be the freer from nocturnall diseases and rheumes, unto which Students, and such as live a delicious, easie, and sitting kind of life, are most subject: and others that are free from rheumes, and nocturnall passions, having supped by seven, will afterwards be the better disposed to rest: for it is not requisite, that they, especially having dry braines, should re-fraine lying downe to rest, above an houre or two after supper, which is only convenient to prevent obstructions. And this order of supping being observed, there will remaine a competent time, both for one and the other, before they goe to bed, as the space of three or two houres, for the meats in some measure to concoct, and descend from the stomach: for there is nothing more hurtfull to such as are subject to rheumes and obstructions, than to sleep, or lie down within two or three houres, even after an ordinary and frugall meale, because the vapours that then arise from the meats, residing and concocting in the stomach, beside the inhibiting of the distribution of them, are very offensive to the head, being not by convenient watching, and moderate motion of the body, in some measure discussed. Thus much concerning the ordinary refections, for such as are within the limits of 25. and 60. yeeres, whereof every one may make use and application agreeable to his state of body, and course of life. Now concerning the refections of others, that are not within the aforesaid limits of yeeres, a word or two briefly.

They therefore that are past their declining age,

age, and entred within the limit of old age, as those be, that are past 60. or 63 yeeres of age, may not precisely be tyed to any fixed times for their refecti-
 ons, but may eat three or foure times a day, or oftner, as their stomacks shall require, a litle at a time, by reason of the imbecility of their digestive faculty. Neither may children by any meanes be tyed unto fixed meales, for they, by reason of their greater increafe of body, continual motions, and dissipable substance through the pores, require much and often nourishment. And those also that are in their youthfull age, as from 14. to 25. being of hot and cholerick temperature, both because they have not attained unto the Acme, or full height of their growing, as also by reason of their strong naturall heat, require much nourishment, and are not alwayes to be limited to two or three meales in a day. But such as are in their youthfull age, having grosse bodyes, and a phlegmatick temperature, may never exceed three meales in a day, but rather oftentimes content themselves with two at the most, that by this meanes their moyst and crude humors may bee concocted and abated, and their bodyes kept within a laudable mediocrity. And here I advise all such as are solicitous of their health, to observe at their meales three things, which I adde as an Appendix to that which hath beene spoken.

The first is, that putting aside all busineses, and shaking off all serious cogitations, they take their repast quietly and merrily, and not eat, or come to their meat, *animo medietabundo*, with a troubled or

Three things
to be observed
at meales.

meditating minde: for that will pervert the concoction, and cause the meats to corrupt in the stomach, by reason of the retracting of the spirits to the head. The second is, that they give the meat due preparation for the stomach, which is the exact chewing of it in the mouth: for the well chewing of the meat, is a great furtherance to the well digesting of the same: and therefore they greatly erre, that eat over-greedily, and snatch up their meat hastily, because it is both hurtfull and indecent. The third is, that they reside not in the chaire of intemperance, that is, prolong not the time in eating and drinking superfluously, but only sit so long at meale, as that they may give unto Nature a competent refectiō: for the ingestion of too much meat, is burthenfome and injurious to all the body. But if they shall at any time exceed in eating and drinking, they must make amends with a following parcit; as if the dinner shall be larger than ordinary, let the supper be the lesse, or none at all: for there is no man, albeit very carefull of his health, which doth not in this now and then transcend his limits.

Whether the eating of one or of divers sorts of meats at a meale, are alike profitable for the health of the body.

IT is a common received opinion, that the eating of divers sorts of meats at a meale, is for such as desire to live in health utterly hurtfull, and to be rejected: for by reason of the disparity of their nature and substance, they are seldome at once well

CONCO-

concocted, and distributed. Moreover, variety and change of meats do greatly please the pallate, and are as it were a spur unto satiety. The strong and healthy bodies of agrestick men, which at their meales commonly use but one simple kind of food, do seeme to approve this assertion, and also the weak and valetudinary state of many others that use to feed on divers dishes at one time. Contrarywise, he that will consider and look into the divers constitution and fabrick of the parts of the body, shall find that variety is much more agreeable unto it, than singlenesse: for which cause doubtlesse, variety of meats as it is delightfull, so also naturally to be desired, and therefore more profitable. Wherefore he that in this case condemneth variety, seemeth also to reprove Nature; especially, because it putteth off a fastidious tenderneffe of the stomack, and exciteth the appetite, and is also beneficiall for costive bodies. Now from that which hath beene said, it is apparent, that the state of this controversie consisteth in this, that the use of one sort of meat at a meale, is in its nature more profitable, and more safe, in so much as concerneth the naturall actions of the stomack and liver; but in regard of the varietie of the parts and substance of the body, variety of meats is much more ageeable: and so on these grounds standeth the controversie to be decided. In so much as the reasons of both opinions seeme to bee of good force, there must be a meane and rule found out, that may direct when, and how the one, or the other, that is, one or divers sorts of meats at a time, may be in use, and ne-

Reasons that
make for variety
of meats
at a meale.

The resolution
of the contro-
versie.

cessary : for neither alwayes, neither to every one, neither of every sort, ought variety, or singlenesse of meats to bee exhibited. For the manifestation therefore and solution of this matter, it must be observed, that there are some kinds of meats that in nature and concoction differ little, and some much : Such as in nature and concoction differ little, may at one time be eaten of them that are in health, so they bee not immoderately ingested : for too much meat, though it be of like nature, of easie concoction, and of good juyce, is offensive to the stomack, and breedeth crudities, I say, of them that are in health ; for to such as are sickly and infirme, sundry meats at one time, though they differ little in nature and concoction, are oftentimes troublesome and offensive, because their digestive faculty is weak, scarcely able to digest one simple kind of meat. Wherefore it cannot be granted, that meats, which in substance and qualities differ much, may at one time be assumed, especially of them that have weak stomacks, without hurt, according to the first assertion. But if they shall bee neere of one substance, although of differing kind, nor much disagreeing in qualities, there is no let, but that they may at once be concocted, because the same heat, and same time only will suffice for the concoction of them. For the reason wherefore variety in meats is hurtfull, ariseth from the great inequality of their substance, or from the contrariety of qualities, or from the facility of corruption of one, with the difficulty of concoction with another, not verely from variety. As put the Case: What doth prohibit, but that Veale, Mutton, Capon

Capon, &c. may be eaten at one time? Neither the inequality of their substance, nor contrariety of qualities, and therefore they are without any offence, with like labour concocted. The conclusion therefore may be, that it is better to eat only of one sort of meat at a meale, than of sundry sorts, that in substance and qualities differ much; but if they shall be neere of a nature and quality, or not much differing, then variety is to be preferred for the reasons before alleaged. Heere I may not by the way overpasse, without just reproofe, the eating of flesh and fish at one and the same meale, without any respect: for the most part of fish and flesh do in no wise accord, but are of a very discrepant natur, not able to be wel concocted together in the stomack, by reason whereof they daunt and overthrow the digestive heat, and fill the stomack with discordant humours, which oftentimes produce strange and dolorous symptoms. Wherefore my counsell is to all such as are studious of their health, especially to them that have weak stomacks, that they eschew this evill custome, and relinquish it to belly-gods, and them that have unbridled appetites, who rather choose for a momentary pleasing of their pallats, to live fettered with Gouts, racked with Fevers, and tormented with Stones, than by moderate and discreet feeding, to acquire an happy, sound, and healthfull state of body. Now, to that which is urged against variety of meats, that it intiseth to repletion, and satiety, convinceth not this assertion; for that is not the fault of Nature, which is well pleased with a meane, but of ignorance, and indiscretion. Where-

The eating of
flesh and fish
at one meale
not vvholsome
for the body.

fore it was well said of *Plato*, that there is danger in variety, for no other cause, but for that wee easily yeeld to pleasure and sensuality. The offence therefore, if the matter bee rightly weighed, commeth not from the meat, but from our unbridled appetite. Neither is the example of agrestick people of any force: for the healthinesse and sound state of their bodies is not to bee attributed to their plaine and simple food, but to their great accustomed labour and exercise. Variety therefore of meats may offend with immoderation, never with temperancy. Wherefore to conclude, I advise all such as are respective of their health, especially that are of tender nature, and state of body, not to eat at one time meats greatly differing in nature and concoction; for every inequality of concoction, is a *præcludium* of crudity, and corruption, which the liver cannot correct. Neither at any time sensually to oppresse and labefie the digestive faculty of the stomack, with too great variety of meats, although they differ not much in nature and concoction: for to feed upon more than foure dishes even at a geniall meale, is somewhat immodest and excessive.

Whether
bread ought
to be taken
with the meats
in any futable
measure and
proportion.

Here some may demand, whether bread, which is the very ground of our nourishment, be to be alwaies taken in any certaine measure or quantitie? Whereupon I briefly answer, that it is, in regard of the meats that are eaten with it, to be taken in a divers measure and proportion: for the bread that we eat, ought at least to be double to the flesh, so much and halfe so much as of eggs, and three-fold or more unto fish, especially of the moyster sort,

sort, that the superfluous moysture of it, may by the siccity of the bread, be attempered. They erre therefore that eat very little bread with their meats: for you shall finde them to have tumid bodies, or at least, waterish and impure stomacks, by reason of windy crudities wherewith they abound.

*Whether it be better to Sup more liberally,
than to Dine?*

IT hath bin a great question, whether the Supper should be greater than the Dinner; or contrariwise, the Dinner greater than the Supper? But this doubt with certaine cautions may easily be discussed; for neither the one, nor the other may without limitation, and distinction bee affirmed. Wherefore I answer, that it is more expedient for such as are healthy and strong, to eat more at Supper, than at Dinner, and that for two reasons. The first, because the coldnesse of the night, and sleep ensuing, do greatly help concoction, through the regression of the spirits and heat into the interiour parts. The second is, because the time from Supper to break-fast, or Dinner, is much longer than from Dinner to Supper: and therefore it is very meet that the Supper should in some congruent measure be greater than the Dinner, according as the time following, in both respects, is more fit and commodious for concoction. Great and weighty affaires either publick or private, and also serious meditations may be a third reason in time of such

occa-

occasions, to eat more freely at Supper than at Dinner; because men after a full meale are commonly very unapt unto any labour or exercise, either of minde or body. And besides that, if they should eat much at Dinner, and afterwards by necessity of their place and calling, undergo any great or weighty businesse, they quickly subvert their state of body; and the reason is, because much meat doth first contract to the stomack the spirits, and almost the whole force of Nature, for the concocting of it, which serious meditations, or businesse of importance doe afterwards divert to the head: whereby it commeth to passe, that the spirits can neither sufficiently assist the braine in contemplation, nor the stomack in concoction; but the meats in the stomack, by reason of this distraction, being destitute of sufficient heat, become raw, and fill the body with grosse, putrid, and flatulent humours. And here I must advertise them, that they erre not in eating more liberally at Supper than at Dinner, as to fill themselves till their bellies strout, and that they can scarce breathe; for I minde not, nor in any case approve such a large Supper, but a frugall rather; yet such in which is eaten more than at Dinner, for the reasons before alleaged. But this (as I have said) is not so generally to be received, as that it may be expedient for every man to eat more liberally at Supper, than at Dinner: for it is not convenient for grosse and phlegmatick bodyes, for feare of a sudden suffocation in sleep, or at least, of troublesome and painfull sleep, which in them, by reason of the straitnesse of the passages, may
through

For whom it is
not convenient
to sup more
liberally, than
to dine.

through much phlegme and a large Supper, often be occasioned. Neither for the same reason is it good for them to sup more liberally, that are very old, or subject to obstructions or nocturnall diseases: for in such the distribution of the nourishment is commonly difficill, which alwayes indicateth a slender Supper. Neither is it convenient for them to sup more liberally that are troubled with rheumes, or any infirmity of the head, except there be a dry distemperature of the braine; because a full Supper repleteth the head with vapours. Therefore to conclude this question, in making a larger Dinner or Supper, five things are remarkable: the concoction, the space betweene the meale, the busineses, the distribution, and the condition or state of the head. In respect of the concoction, of the space between the meales, and of busineses of great weight, it is better to sup more liberally than to dine, for the reasons before alleadged. But in respect of a difficill distribution, it is better to dine more liberally than to sup, because a more easie and better distribution of the nourishment into every part, is made by day, when the body is in motion, than by night when it is at rest. In like manner in all infirmities of the head, except there bee, as I have said, a dry distemperature of the braine, it is better to dine more liberally, than to sup, because the head will be lesse annoyed with the vapours that ascend from the stomach. And here by the way I advise all such as are subject to distillations from the head, to forbear liquid meats at Supper, and to sup for the most part on roasted meats, be-

K

cause

Five things remarkable concerning the largeness of the Dinner or Supper.

cause they are lesse vaporous; but for such as are wont, by reason of a dry braine, to passe the night without sleep, or competent rest, moyst and forbile meats, because they best refresh the braine, and procure sleep, are most profitable: and for the same reason, it is best for them to make a larger Supper, than Dinner, that the braine may more plentifully with vapours in the night season be refreshed.

Whether it be better to begin, and also to end the meale with meat, than with drinke?

THis is a question worthy of consideration, because an orderly manner of eating and drinking at meales doth much concerne the stomack, and the good concoction of the meats. And for as much as it is not good for all men to begin and end their meales alike, I advise all such as are respective of their health, to search out and consider thoroughly the nature and disposition of their stomack; for there is in it humor, or siccity, which will demonstrate in what manner it is best for them to begin and end their meales. Wherefore he that is studious of his health, ought to consider, whether his stomack be moyst or dry, or of a meane betwixt both. If there be excesse of moysture in the stomack, like as commonly is in them that be phlegmatick, then to begin the meale with drink, is very hurtfull, because it weakneth the stomack and liver, dejecteth the appetite, breedeth much wind and crudites: and it is also no lesse hurtfull to end with drink, because it subverteth the concoction,
and

and abundantly filleth the body with crude and flacculent humors. But if there be excesse of drynesse in the stomack, like as commonly is in such as be cholerick, then it is good to begin the meale with drinke, that the present thirst may be asswaged, the stomack moystned, and the appetite, which overmuch heat and drynesse doth deject, excited: and it is also no lesse avayleable to end with drink, both because that whatsoever of the meat shall remaine in the mouth of the stomack, may therewith be carried toward the bottome of the same, where the concoction is perfected; and also that thirst, seeing that they are by nature very thirsty, may be prevented. If the stomack shall be neither too moist, nor too dry, but of an indifferent temperature, then I say, it is best to begin the meale with meat, but to end it with drink, to the end that no part of the meat may stick, or be at a stay about the mouth of the stomack, but may of it be carried into the ventricle, which is the very promptuary for the meats, and plase of absolute concoction. And here I must advertise them that shut up their meale with drink, that they do it with a moderate draught: for to end the meale with much drink, doth by everting the concoction, cause eructations, and beget much wind and crudities. But those that are subject unto rheumes and distillations from the head, ought not in any wise, having not dry and thirsty stomacks, to shut up the meale with drink, and then also but with a very little quantity, because it increaseth rheumatick humors; for it is much better for them to take alwayes some styptick

VWherevich
it is best for
them that be
rheumatick to
finish and shut
up their
meales.

thing after meale (the which is likewise good, and far better than Beere, for hot and dry bodyes, that are rheumarick) that may inhibit the ascending of vapours, by closing up the mouth of the stomack, as are, Quince preserved, the juyce of a Pomegranat of a middle favour, which is neither too sowre, nor too sweet, and the conserve made of red Roses: the use of these upon meales is very profitable for all such as are subject unto rheumes; but the Pomgranat is most agreeable to them that have hot, cholerick, and thirsty stomacks. And for such as have weak and windy stomacks, a digestive and carminative powder made with sweet Fennell seeds, Anise seeds, Careway seeds, Coriander seeds prepared, red Corall prepared, and Cinnamon, incorporated altogether, with the double or treble quantity of Rose-sugar, is very good to be taken after meales to the quantity of a small nutmegg. Now wheras it hath bin shewed, that it is expedient for some constitutions to begin their meales with drink, I must advertise the Reader, that he take it with some limitation, as that there be no broths or pottage at table: for if there be, they are to be preferred before drink, and alwayes taken in stead thereof, at the beginning of meale (except of them that are molested with rheumes, or affected with crudities of the stomack; for unto such, liquid and potulentall meats are not profitable) because they are acceptable to the stomack, and do as it were by reason of their liquidity, very fitly prepare the way for other meats.

But as concerning the use of broths or pottage
in

in the beginning of the meales, I must advertise you that you take them into your stomach, so hot as you shall be able, because by their heat they will be very comfortable to the stomach; and not lukewarme as many negligently do: for then they weaken the stomach, and soone prove to be nauseous, though never so good.

And heere a grosse error of many offers it selfe to be taxed, which is the drinking of cold beere presently upon their taking of hot broths or pottage, a custome very absurd and most hurtfull: for it breedeth a discriasie in the stomach, destroyeth the naturall heat of the same, and causeth it to abound with crudities.

*How many things ought those that are studious
of their health, to observe in the
use of drinking?*

THe necessity and use of drink, is first to preserve naturall moysture: secondly, to make a good mixture, concoction, and distribution of meats: all which, that they may be effected without inconveniencies, three things must be regarded and observed in the use of drink. The first is, that it be taken moderatly at meales, and that not at two or three great draughts, but by sundry little draughts; for abundance of drink at meales, marreth the concoction, both by causing the meats to fluctuate in the stomach, and also by weakning and relaxing the same: whereupon crude and phlegmateick humours are abundantly increased, and consequently

A Caution
concerning
the taking of
broth or pot-
tage in the be-
gining of
the meales.

To drink little
and often at
meales, it be-
ter than to
drink much
at once,

rhumes, fluxes, and many other inconveniencies to the body and members. And the drink must bee mixt with the meats, not by great, but by sundry little draughts: for great draughts do weaken the stomach, infringe the naturall heat, which then is in concoction, drive down the meat too hastily, and corrupt the whole body with over-much moysture and crudity. Wherefore my counsell to them is, that are respective of their health, that they drink at their meales often, and little at a time, and also that they swallow down the drink not hastily, but leisurely: for the drink being mixt with the meats, by divers little draughts leisurely taken, well tempereth them without annoyance, both for concoction, and also for distribution. For example sake: with us to whom Beere is more agreeable for an ordinarie drink, than Wine, let this bee a generall rule for taking of drink at meales. Let the first draught bee of ordinary Beere for thirst sake: the second also of Beere for mixture of meats: the third and fourth of Wine, or in want thereof, of stronger Beere, for the better mixture, concoction, and distribution of the meats; and if it be a geniall meale, or much larger than ordinary, another draught of Wine is also allowable. Afterwards upon meats taken againe, let there be assumed a draught of ordinarie Beere, and therewith, or a little meat super-assumed, according to the nature of the stomach, as is demonstrated in the precedent question, let the meale bee concluded. But to this rule every one may not exactly betake himselfe; for of drinking at meales, no certaine prescript can be constituted, because

A generall rule
for drinking at
meales.

because the drink is to be increased, and diminished, according to the temperature and disposition of the stomach in heat, and coldnesse, drinesse, and moysture, loosenesse, or stipticknesse ; and also according to the temperature and substance of the meats. Wherefore you must consider whether the meat be correspondent to the stomach, or not : As whether a dry meat be taken into a dry stomach, or a moyst : for if a dry meat bee received into a dry stomach, then the drink is to be increased ; but if it be received into a moyst stomach, then the drink is to be taken in the same measure, as if both stomach and meat were of an indifferent temperature. In like manner the substance of the meat ought to be considered, whether it be grosse, or thin : if grosse, then a larger quantity of drink for the concocting and distributing of it is necessary ; if thin, then a lesse proportion will suffice. The like Indication may be taken from the disposition of the stomach, which if it bee subject to laxity, then a lesse portion of drink, if to stypcicity, then a greater is to bee assumed.

The second thing that is to bee observed in the use of drink is, that the drink bee attempered to the temperature of the aire, of the season, of the country, of the meats, and of the person receiving of it : for by this meanes, the native heat will be the better moderated, and the body consequently preserved in a sound and healthy temperature.

The third thing, which concerning the use of drink, those that are studious of their health, ought to observe, is that they wholly betwixt dinner and supper

supper, abstaine from drink, excepting only a dilutive draught, whereof I will heereafter speak, because it breedeth crudities, except necessity, as sometime in them that bee cholerick, or custome shall require it: the later of which, notwithstanding is vicious, and therefore by little and little to be relinquished.

Whether the drinking of Wine at meales only, between the eating, and not also before and after meale, be expedient and profitable for the body.

THe wholesomnesse of Wine, in helping the concoction, nutrition, and exhilarating the spirits and heart, moderately taken at meale, as the temperature of the body, and time of yeere shall require, is so well and commonly known, as that it needeth not any demonstration. But whether it be expedient to drink wine presently before, and after meale, it is a matter not so evident. In my judgement, the whole determination of this doubt, it is to be gathered from the nature of the wine, and from the temperature of the stomack, and disposition of the body that taketh it. For example sake; The drinking of wine before meale, is not convenient for them that are young, or for any that have hot stomacks, because it will distemper the liver, cause inflammations, and consequently, marre the concoction of the meats. But for old men, and all such as have cold stomacks, a little draught of Sack, or of any other wine of like nature, is very profitable before meales, because it discusseth windy-
crudi-

crudities, exciteth the appetite, and fortifieth the naturall heat for concoction; yet with this proviso, that they even forthwith goe to their meale: for otherwise it will by evaporation greatly offend the head. But verily I suppose the drinking of Wine or Rhenish wine, with a Lymon sliced and macerated therein, and a little also of the choicest Sugar added thereunto, especially if the Drinker be of a tender palate, to be very wholsom & good, as a preparative-draught before meales, for all bodies (except for such as are subject to a defluxion of humours, or else abound with much moysture and crudity) especially for such as are subject to obstructions, because it clenseth away slimie humours, adhering to the stomack, openeth the obstructions of the mesaraick vaines of the milt, of the liver, and of the reines, exciteth the appetite, and erecteth the digestive faculty of the stomack. As concerning the drinking of wine immediately after meale, there are some that do altogether prohibit it, and not without good reason, because it hurteth the braine and sinewes, by evaporating from the stomack; yet by their leave, a little draught of Sack, or of any other wine of like nature, may not bee hurtfull, but rather often times very profitable to them that have cold and weake stomacks, so they bee not affected with infirmities of the head and sinewes, because it helpeth the concoction, by comforting the stomack, and repairing the naturall heat. But the drinking of a great draught is in no wise expedient, because it subverteth the concoction, by causing the meat to passe from the stomack indigested,

gested, and greatly also offendeth the head with acute vapours.

Whether it bee profitable, or in any sort necessary for such as are in health to drink betweene meales.

Inswer, that it is very hurtfull to drink between meales, so long as the meats that have been taken, remaine undigested in the stomack, and not past the first concoction (except great thirst and siccity of the stomack and throat shall require it, and then only a little is to be taken, that the drynesse may be somewhat mitigated) because it interrupteth and confoundeth the concoction, by disturbing the naturall heat that is in working, and consequently maketh the body to abound with crudities. But after that meat is concocted and descended from the stomack, which will be in three or foure houres after the meale, it is good to drink one meetly large draught of White or Rhenish wine, or stale Beere, or of Sack, so the person that take it bee of a cold constitution, and so much the rather, if he be aged, and the season of the yeere also cold, to wash and cleanse out of the stomack the reliques of the meats, and to cause a more facile and speedy distribution, or passage of the meats concocted thorow the mesaraick veines unto the liver. Wherefore, this drinking of Wine or Beere between meales, as the constitution of the body shall require, may well be termed both dilutive and dilative, and is good for all men, especially for such as are subject to obstructions of the stomack

mack, and mesaraick veines, that conveigh the alimentary chyle or juyce, which commeth of the meats, concocted in the stomack, to the liver, to be made bloud.

Whethee the custome of drinking fasting in the mornings, and likewise evenings, even at the time of going to bed, be to be approved and consented unto?

THE custome of drinking in the mornings fasting. a large draught of White wine, or of Rhenish wine, or of Beere, hath almost with all men so farre prevailed, as that they judge it a principall meanes for the preservation of their health; whereas in very deed, it is, being without respect had of the state or constitution of the body, inconsideratly used, the occasion of much hurt and discommodity. For convelling therefore of this vaine custome. I answer, that the drinking of a large draught fasting of the aforelaid Wines, or stale Beere, if it shall be more agreeable to the body, is only good for them that are of an hot and dry constitution, or subject to obstructions, so they be not of a very cold and moyst temperature, that the siccity of the stomack may be mitigated, and any slimie or obstructive humor residing in it, in the liver, veines or reines removed, and cleansed away: which the taking of a large draught fasting of stale Beere, or of one of the foresaid wines, especially if a Lymmon be macerated in it, as aforelaid, do notably performe. But this may not so general-

ly be taken, as that it is allowable for every one that ha h an hot and dry state of body, to drink a large draught mornings fasting: for it is not convenient for such as are very rheumatick, though they are of dry temperature of body, because it will greatly encrease rheumes; but to such, a small draught, to temper only the siccity of the stomach, is to be exhibited. And here it may be demanded, whether or no it be good to drink stronger wines fasting, as Maskadell, Malmsey, or such like: I know that it is utterly forbidden, as pernicious to the body, which I likewise averre, in respect of the younger sort of people; but for the aged, in whom the radicall moysture and heat is decayed, I deeme it to be very wholesome, especially in cold countries, and in the cold times of the yeere, because they are very comfortable and restorative: wherefore to drink mornings fasting, a draught of Muskadell or Malmsey, and also to eat toasts of fine mancher-bread sopped therein, is no bad break-fast for old folkes, as I suppose. Hence it may appeare, that it is not altogether unwholsome, to drink strong wine next the heart, so there be respect had to the age, to the time, and to the countrey. As concerning the use of drinking, at the time of going to bed, I affirme that it is in no respect allowable, but for hot and cholerick bodyes, who commonly have dry and thirsty stomacks, to whom a little draught of Beere, and that also but of meane strength for allaying only the siccity of the stomach, may be admitted: I say a little draught, because a large one may breed crudities in the stomach,

mack, offend the braine, and make it subject to distillations.

The conclusion therefore is, that to drink mornings fasting, is very hurtfull to the phlegmatick, and at the time of going to bed, for all bodyes, except for them that have dry and thirsty stomacks, because it filleth their stomacks and veines with crudities, and the braine with superfluous vapours. Wherefore the custome of drinking, mornings and evenings, is to be refrained, except of them, for whom it is convenient, as aforesaid, and with great caution to be used of such as are much subject unto rheumes, though the temperature of their body shall require it.

*Whether abstinence or fasting from meat and drink
unadvisedly used, be no lesse hurtfull to the body
than intemperance?*

Although abstinence from meat and drink moderately used, according to the age, constitution of body, and time of the yeere, be very greatly availeable for the preservation of health, because it abateth the bloud, concocteth raw humors, and expelleth all manner of superfluities; yet if it be immoderately, untimely, and unadvisedly used, it is no lesse hurtfull than Intemperance: for it spoyleth the stomach, destroyeth the spirits, and subverteth the strength, and the naturall heat, by with-drawing of nutrimentall moysture, is too much incended; and not finding humor to work on, turneth its force upon the radicall or

substantiall moysture of the body, which exhausting, bringeth the body into a deformed Atrophy or consumption. Notable therefore is that saying of *Hypocrates*, Neither fulnesse, neither emptinesse, nor any thing else which exceedeth Natures measure, is good. But because there is great difference to be found amongst men concerning fasting, for some may better and with much more profit abide without meate then others may; you must understand, that besides respect had of the age and time of yeere, fasting is most necessary and beneficiall for them that are of a phlegmatick and full state of body, and such can longest abide fasting, because the naturall heat is occupied in concocting, exicating, and consuming the superfluous, crude, and moyst humors of the body. And therefore such as are plethorick, phlegmatick, fat, and full of moyst humors, although they be subject to manifold diseases, yet do live healthily, and not easily incurre sicknesse, if they use temperance in their dyet, with frequent and opportune abstinence. But to dry and cholerick bodyes, fasting, especially if it be not wisely undertaken, is, by reason of their strong naturall heat, very pernicious: for it maketh them carrionlike leane, greatly annoyeth the head, and causeth cardialgick paines or griping of the stomak, and often-times swoonings, by making the humors more cholerick and tart. Wherefore I advise such as are cholerick and of a dry temperature, in regard of their strong naturall heat, to feed more plentifully then others, and in no wise to be too long-fasting, because they have

not

2. Aphor.

Fasting and a
sparing dyet
most necessary
for fat and full
bodyes.

Fasting very
hurtfull to dry
and cholerick
bodyes.

not in them any sufficient moyſture for the heat to work upon, by meanes whereof the naturall heat being quickly incended, and converting it ſelfe upon the ſubſtantiall moyſture of the body, they ſuddenly incurre all the aforeſaid hurts and calamities.

Why is a ſparing dyet more to be obſerved in the Spring and Summer, then in the Autumne or Winter?

A Diſcreet paſſimony in dyet is good at all times, but eſpecially in the Spring and Summer: in the Spring by reaſon of the Winter preceding: for in the Winter (by reaſon of copious feeding, which the coldneſſe of the ambient Aire doth occaſion, as alſo through paruity of exerciſe, and reſolution of ſuperfluous matter by the poores) many crade, phlegmatick, and ſuperfluous humors are bred, and detained in the interiour parts of the body, Which the Spring comming upon doth diſſolve, and diſſuſe thorow the whole body, about whoſe concoction Nature is that time much buſied. If therefore in the Spring a large dyet or copious feeding be uſed, nature is thereby hindered and diverted from concocting thoſe crude and ſuperfluous humors, by meanes whereof they remaining crude and inconcocted in the body, and fluctuating from part to part, doe at length ſettle and produce morbiſiciall affects. Wherefore I adviſe all ſuch as are ſtudious of their health, to obſerve in the Spring a very temperate and frugall dyet, which (as *Avicen* witneſſeth)

doth

doth chiefly prevent the diseases of the Spring.

In the Summer also a parsimonious or sparing diet is very convenient, because the digestive faculty is much weakned, by reason that the naturall heat, which is the cause of all natural actions, is by the excessive of the extrinsecall circumstant heat dissolved and drawne forth, and therefore in such sort weakned, as not able to digest much meat. They therefore greatly erre and wrong themselves, that in the hot season of the yeere presse and surcharge their bodyes with over-much meat : for besides the breeding of crudities, they often incurre sudden and perillous suffocations. But here by the way you must understand, that though a diminution of the meats in the hot seasons of the yeere be good and necessary for the preservation of health, yet a larger portion of drink, according as the constitution of the body shall require, is at such times to be received, because that by reason of the ambient heat, much resolution of moysture is made by the pores, and consequently exiccation of the body and thirst. Wherefore to conclude this question, I here advise all such as are respective of their health, to alter their dyet, according as the temperature of the season, age, and constitution of the body shall require. As in the Summer, for preserving the body from an hot and dry distemperature, to observe a cooling and moystning kind of dyet, I have added, as the age and constitution of the body shall require, because the elder sort of people, and such as are of a cold and moyst constitution, need ~~not~~ so cooling and moystning a dyet, as those that are younger,

Diet is to be altered according to the temperature of the season, age, and constitution of the body.

younger, and of a cholerick temperature. The like is also to be observed in other seasons of the yeere, which every one that is studious of his health, may easily apply.

*Why are mens bodies sooner affected with sicknesse
in the Autumne, than in any other
season of the yeere?*

BY reason of the great variety and unequall
temperature of the ayre : for of times and
seasons, that is the best which is temperate :
next, those that are equall, whether in cold or heat :
the worst is that which altereth most, as doth the
Autumne ; for the middle part of the day is com-
monly hot, the morning and evening cold, whreby
it comes to passe, that mans body being relaxated
both by reason of the heat of the Summer prece-
ding, as also oftentimes by the meridian heat of the
Autumne it selfe, is suddenly affected with cold,
and subjected to divers infirmities. Wherefore in the
Autumne no small regard is to be had of the Diet
and course of life, especially of them that are weak
and of a melancholy temperature : for unto such is
the Autumne, by reason of the variety of the Ayre
and increase of the melancholick humour, most of-
fensive. Besides therefore the carefull shunning of
melancholick meats, the morning & evening cold,
and meridian heat, is chiefly to be avoyded ; and al-
though the Autumnall fruits do in this season glo-
riously shew themselves, yet the often and much
use of them is hurtfull, because an ill juyce, con-

curring with the distemperature of the Ayre, doth suddenly corrupt the whole body. For all greene fruits, especially those that quickly perish and rot, as Plummies, Peaches, Apricocks, &c. do abundantly engender wind, make the bloud waterish, and subject to putrefaction, especially in them that have impure stomacks, and naturally abound with crude and moist humors: wherefore the use of them is to the phlegmatick and melancholick most hurtfull. But they may bee profitable, notwithstanding their watrish and vicious juyce, to the cholerick, and such as have hot bodies, and use great labour or exercise, because they moisten the inward parts, repress the heat and acrimony of choler, and loose the belly: In whose use, notwithstanding, ought to be this caution, that they bee taken in an empty stomack and moderate quantity.

Green fruits
to what bodies
allowable.

Why are there some which never grow fat, though they live richly and daintily; but are alwaies very leane, as though they were worne out and exhausted with a long continuing disease?

In Answer, that this leane deformity of body may for many reasons happen, even in such as live richly, and alwaies eat the best and choicest meats. As by debility of the digestive faculty, or of the attractive unto the parts, by reason of an ill temperature, or through the concoction of the pores and secret passages of the body, which hinder the passage of the nourishment unto the parts; or by reason

son of much resolution of the nutrimentall and substantiall moysture through the pores; by meanes whereof, the nourishment which is attracted to the parts, is not fixed and assimilated, as it happens in such as use great and vehement exercises, and also in them that are affected with tabeficiall passions, as sorrow, anxietie of mind, &c. or it may happen through the swelling of the Spleene: for when it growes great, and oppresseth the heart, by reason of the affluence and obstruction of the melancholick humour, which it ought to expurge, an evill and depraved concoction, not only of the stomack, but also of the liver doth ensue, and consequently that tabeficall habit of the body. Or this lean deformity (besides other erroneous courses) may happen by reason of continual ligatures on the body, by meanes whereof the pores are obstructed & the nourishments not attracted to the parts. From all these therefore that leane, cadaverous, & wonderful deformity of body which is seen in many, may proceed.

Whether a fat and corpulent state of bee body for health worse than a leane?

I Answer, that a fat and grosse habit of body is worse then a leane, for besides that it is more subject to sicknesse, it is for all corporall actions farre more unapt. They are more sickly that have grosse and full bodies, not only because they abound with many crude and superfluous humours, but also because they lesse (by reason of the imbecility of their heat) resist extrinsecall and intrinsecall

call causes that demolish their health. And because they are repleated with grosse humours with a naturall strictnesse of the veines, they easily incurre the Apoplexie, Epilepsie, shortnesse and heavinesse of breath, swoonings, and suddaine death. A leane habit of body is also evill, because the naturall heat is through defect of moysture soone dissolved, breathed forth, and wasted; yet it is lesse evill than a grosse, because men of a leane habit of body are commonly a long time healthy, whereas of the contrary, such as are of a grosse, have often conflicts with sicknesse. But this which hath been said, is not so to be understood, as that every grosse habit of body is worse than a leane, for we must in this manner distinguish thereof. There is a grosse habit, and the same phlegmatick, and such is altogether evill, and to be abhorred, and of this is to be understood that which I have above said. And there is a grosse, and the same sanguine, not so evill, yet evill, by reason of the dangers of repletion. And verily this grosse habit of body is better than the leane, by reason of the plenty of heat and moysture, wherein life consisteth, and therefore not to be abhorred, so as it doth not in such sort exceed, as it may occasion perilous hurts. But it is to be abhorred, if it bee superfluous and transcendent, because it suddenly induceth vomiting, of bloud, and such like most perilous accidents. But between these two habits there is a meane, which is neither too fat, nor too leane, or extenuated, and that verily is the best, because the mediocritie of habit and constitution, cannot be but through goodnesse of the composition, which a strong

Every grosse
habit of body
is not worse
than a leane.

strong digestive faculty and strength so firme do follow, as that they can all morbificall causes very easily resist.



Of Sleep and Watching.

SECT. X.

That Sleep may be taken for the health of the body, how many things ought such as are studious of their health to observe therein?



Having treated of nourishments with divers necessary Dieteticall observations that make for the preservation of health, I now for the perfecting of this Treatise, proceed in the like method and order to discourse of Sleep, Exercise, Excretions, and Perturbations: for by a true regular use of the former, without a due and carefull moderation of these, a true integrity of body cannot long subsist. To this *Quere* therefore concerning Sleep, I answer, that foure things are to be observed in the use thereof; as first, the Time; secondly, the Place; thirdly, the Posture or lying of the body; and fourthly, the quantity of Sleep. Of all which in their order. But first I will set down the commodities of moderate and seasonable Sleep, which next to nourishments that

The commo-
dities of sleep.

sustaine the body, is most profitable and necessary : For it helpeth the digestion, recreateth the mind, repaireth the spirits, comforteth and refresheth the whole body, and is for all crudities even a present remedy : for it concocteth not only the meats, but also the humors ; and the reason of all which is, because in all the time of sleep, the animall faculty is at rest, but the naturall is in the stronger action, by reason of the regresse of the heat into the inner parts, and therefore it is that the best concoction is made in sleep. Moreover, by the retune of the heat into the inner parts, the vitall faculty is much strengthned, because the heart is then abundantly supplied with blood for breeding of spirits. From whence it appeareth, how sleep maketh much for the three principall faculties of the body : for by it the braine is moystned, the animall spirits quieted and refreshed, the st. mack and liver for concoction, and the heart for ingendring of spirit, fortified and assisted.

The three
principall fa-
culties are
greatly holpen
and refreshed
by sleep,

Now for the order of sleep, wherein, as I have said, foure things are to be observed. And first, concerning the time for sleeping and waking, wee must follow the course of Nature, that is, to wake in the day, and sleep in the night : *Dies enim vigilia, nox somno dicata est.* For the Sun by his radiant beames illuminating our Hemisphere, openeth the pores of the body, and dilateth the humors and spirits from the Center to the circumferent parts, which to waking and necessary actions doth excite and naturally provoke. But on the contrary, when the Sunne departeth from our Hemisphere, all things

Why the
night is most
convenient
for sleep.

things are coarctated, and the spirits returne into the bowels and inmost parts of the body, which naturally invite to sleep. Wherefore if we pervert the order of Nature, as to sleep in the day, and wake in the night, we violently resist the motion of Nature : for sleep draweth the naturall heat inward, and the heat of the day draweth it outward, so that there is made as it were, a fight and combat with Nature to the ruine of the body. Yet such as, by reason of a weak and sickly disposition of body, do take unquiet or little rest in the night, or are otherwise by extraordinary and necessary occasions hindred, may well sleep in the morning *ad primam partem diei*, that is, till nine of the clock, but to sleep afterwards, is not so wholsome, especially at afternoones, as shall be hereafter shewed.

Morning sleep
for vvhom
convenient.

But why the night is most convenient for sleep, two other reasons also may be well assigned. The first is the naturall moysture and silence of the night, which for sleep is very conducive. The other is the sufficiencie of time, not only for the full and absolute concoction of the meats, but also of superfluous humors, which the night doth afford, and that by reason of the regresse of the heat and spirits into the inward and digestive parts. They therefore that against nature viciously use the night for the day, and the day for the night, *tanquam nocturnæ*, are here justly to be reprovèd : and so are also Students, to whom untimely watchings are most pernicious, that with night studies macerate themselves, exhaust their spirits, and acquire a poore weak melancholick state of body. For all parts of
the

Untimely
vvatchings
most pernicious
to Students.

the body, especially the chiefeſt being wearied and weakned with labour in the day, the night approaching, deſire reſt; and therefore then if by ſtudy and untimely watching they are deprived of their refreshing, and the ſpirits retracted from the ſtomack and principall parts, weakneſſe muſt needs follow, and a bad concoction, and the body conſequently repleted with crude, putrid, and vaporous humors. Wherefore I adviſe Students that muſt of neceſſity ſometimes watch and ſtudy by night, that they do it not till after their firſt ſleep: for in that ſpace the concoctions of the ſtomack and liver are moſt commonly effected, and the wearied parts in ſome meaſure refreshed.

Three things
neceſſary to
quiet ſleep.

Wherefore here by the way I adviſe all men, eſpecially ſuch as are charged with publick buſineſs of importance, that they carefully obſerve to go to their bed with a quiet and free mind: for that the ſleep may be peaceable and comfortable, three things are neceſſary; a temperate braine, a ſweet vapour, and a quiet minde. If therefore ye deſire peaceable and comfortable reſt, live ſoberly, eſchew crudity, and embrace tranquillity of minde.

But if honeſt occaſions, beſides an ill diſpoſition of body, ſhall, as is aforeſaid, occaſion watching in the beginning of the night, let thy ſupper be ſlender, and make amends by ſleeping ſo much the longer in the morning. But I wiſh ſuch as tender their healths, eſpecially Students, not to addiſt themſelves to morning ſleep, but by all meanes to ſhun and avoyd the occaſion thereof: for he that
ſleeps

sleeps in the morning, when he ought to arise and stirre his body, that all parts may the better expurge their excrements detained in sleep, by sleeping in the morning hinders their expulsion, which occasioning obstructions and noysome vapours, greatly offend the head, dull the senses, and is very pernicious to the whole body.

The great discommodity of morning sleep.

Here some may desire to know, whether it be altogether unwholsome to sleep after dinner. Whereunto I answer, that sleeping at noones is condemned as most hurtfull to the body, because it overmoystneth the braine, and filleth the head full vaporious superfluities. And the reason why it filleth the head with superfluous moysture, is because the night hath sufficiently moystned it, as that it needeth not to be moystned againe by sleep in the day, but ought rather to be dried by watchings and motions of the body. And from hence it is, that sleeping at noones causeth heavinesse of the head, dulnesse of wit, distillations, defluxions of humors, lethargies, and other cold diseases of the braine, and palsies, by relaxing the sinewes. Moreover it hurteth the eyes, spoyleth the colour, puffeth up the Spleene with wind, maketh the body unlusty, and prepareth it for Fevers and Impostumes. Yet notwithstanding all these hurts which are incident to them that will needs sleep in the day time, sleeping at noones is not alwayes, nor to all bodyes to be prohibited, so as it be admitted with the cautions hereafter assigned. For if the night shall be unquiet, or without sleep, or the body wearied with extraordinary labour, or the spirits exhausted, and the

N n

strengths

The discommodities of sleeping at noones,

Sleeping at noones not to be prohibited at all times, nor to all bodies.

strengths dejected by immoderate and excessive heat, as it oftentimes chanceth in the hot seasons of the yeere, it is not amisse to sleep at noones: for by it the spirits are collected into the inner parts, the mind freed of cogitation, and the whole body consequently very much refreshed. Moreover such as are leane, and of an hot and dry temperature of body, may well sleep at noones, because it greatly refresheth their bodyes, by recalling their soone vanishing spirits. And that it is lawfull at any time of the yeere for old men to sleep a nap at noones, by reason of their imbecility, needs no demonstration. But the phlegmatick, sanguin, and all corpulent bodies must beware how they sleep at noones: for it is better for such to macerate themselves a little, by abstaining from sleep, than by it to be turgid and puffed up. Wherefore in the hot seasons of the yeere, it is good for them after dinner to rest themselves for the space of an houre, in a cold bower free from all care and cogitation, which rest verily is no lesse profitable to them, than an houres sleep for dry, leane, and extenuated bodies.

Sleeping at
noones hurtfull
to all corpu-
lent bodies.

Five condi-
tions to be ob-
served in sleep-
ing at
noones.

But that sleeping at noones may be admitted with the greater profit, and lesse detriment, five conditions are diligently to be observed therein. The first is, that it be not taken immediatly after dinner, but an houre after, or halfe an houre at the least, in which space it is good to walk a little, that the meat may the better descend into the stomach, for then fewer vapours will ascend and offend the head. The second is, that it be taken not lying, but rather

rather sitting with the body upright, because the head will be the lesse offended with vapours ascending unto it. The third is, that it be not overlong, not above halfe an houre, or an houre at the most, that the heat may be only collected from the outward parts: for so short sleep cannot replete the head with vapours, and in the meane while the concoction is sufficiently holpen, the strengths refreshed, and any heavinesse of the head removed. The fourth is, that it be not taken in an hot place, but rather enclining to cold, especially in the Summer: for to sleep in an hot place is very hurtfull, as shall be by and by shewed. The fift is, that the awakening be not sudden, but with good moderation, to prevent the distraction of the spirits. And thus much for the time of sleep.

Concerning the place most convenient for sleep, it must be somewhat dark, and defended from the light, especially of the Moone by night, which encreaseth rheumes, temperate in heat and cold, yea rather inclining to cold than heat; for to sleep in an hot place, is very dangerous, causing faintnesse, and oftentimes swooning upon the awakening, by reason of the contrary motions of sleep, and the ambient heat of the place. For the spirits and naturall heat, which by meanes of sleep are drawn inward, are by the heat without contrariwise drawn outward. Wherefore the place for sleep ought to be very close, and above all, not dampish, for that is most pernicious to the body, and especially to the head. And although the place for sleep must rather encline to cold than heat, yet our bodies,

N n 2

while

What place is
most convenient
for sleep.

The head and neck in sleep must carefully be defended from cold.

while wee sleep, must with cloathes, according as the constitution of the aire shall require, be sufficiently covered, lest that whiles the naturall heat is within about digestion, the outward parts be offended with cold. But the chiefeest care must be of the head, that in sleep it take not cold, which will occasion palsies, and other affects of the braine and sinewes; and yet too much covering weakens and offends the head. The neck also in sleep must not bee neglected: for the well wrapping thereof is a speciall remedy against nocturnall rheumes; and therefore I wish all Students diligently to observe the use thereof.

What posture of the body is best in sleepe.

Concerning the manner of lying while we sleep, the best is on the right side, or on the left, with the hands, legs, and neck, yea and the whole body a little bowed, especially in the Winter, for encreasing the heat of the bowels. But if you desire to know whether it best to lie first on the right side, or on the left: I answer, that it is best to lie first on the left side, that the meats may the better descend to the bottom of the stomach, which toward the left side is chiefly situated, and the alimentary juyce be the more easily conveyed to the Liver: and after the first sleep to turne to the right side; for this change doth greatly ease the body, and help the concoction and distribution. The head must bee somewhat high, well bolstered up, for the better descension and concoction of the meats.

Whether sleeping upright upon the back, or groveling upon the belly in sleep, be altogether

Having set downe the best posture of the body in sleep, I will examine whether lying upright upon the back, or groveling upon the belly in sleep, be altogether

together unholosome. As for sleeping upright upon the back, it is altogether unwholsome; for so many as sleep after that fashion, have unpleasant and troublesome sleeps, and are for the most part subject to the passion which we call the Nightmare, the palsie, lethargy, cramp, and such like diseases of the braine and sinewes. And that not without cause: for lying upon the back causeth the superfluous matter of the head to incline and fall into the hinder part of the braine, where is the originall of the motory sinewes, and by that meanes the spirits being stopped, the afore said maladies are easily engendered. Moreover, lying upon the back, heateth the reines, and maketh them subject to obstructions: and therefore I wish all such as are subject to the stone, carefully to shunne that manner of sleeping.

Concerning sleeping upon the belly, that may be sometimes tolerable, yea very necessary, when wind shal afflict the belly, or the be stomack overcharged with meat; for by that posture, the naturall heat is retained and increased in the bowels, wherby the stomack for concoction is much comforted, and the torments of the belly greatly mitigated: Wherefore it is very profitable for such as have feeble digestion, and are troubled with wind, to lie and sleep sometimes groveling upon the belly; but it may hurt the sight, by causing the humours to flow unto the eyes: and therefore such, whose eyes are feeble, or are subject to a defluction of humours into them, must very carefully eschew this manner of sleeping.

back, or
groveling up-
on the belly,
be altogether
unwholsome.

To sleep up-
on the belly,
when, and for
what bodies
profitable.

Whether it
be expedient
to sleep with
the mouth a
little open.

But it is worth the inquirie, whether it bee good to sleep with the mouth a little open. Some there are that altogether deny it : But I approve the contrary, and that for three reasons. The first is, because the breath passeth more freely, and the fuliginous fumes are better breathed forth and dissipated : and hence it is, that such as sleep with the mouth open, have their breath lesse corrupted ; whereas of the contrary, they that sleep with their mouth close, have commonly an ill breath, and foule teeth. The second is, because some rheumatick moisture may in sleepe passe forth at the mouth, which if it should be shut, would fall upon the Lungs, to their great offence. The third reason is, because through the descent of rheumes, from the head to the nostrils, the free passage of the breath thorow them may be letted ; whereupon, unlesse wee sleep with the mouth somewhat open, snorings, offensive rowtings, and oftentimes untimely awakings do ensue. Wherefore I conclude, that it is good to sleep with the mouth somewhat open, especially, for them that are subject to the rheume. And because the tongue, palat, and gums of such as sleep with their mouth open, are commonly after sleep very dry, and affected also with slimie matter adhering to them ; but to this later, those that sleep with their mouth close are most subject : I advise, that all men in the mornings after their sleep, wash well their mouth, gums, and teeth with fountaine water, rose water, and a little vinegar mixed together, wherein a few Sage leaves, and Cloves sliced have been steeped all the night, by gargling it
in

The washing
and clensing
of the mouth
after sleep ve-
ry necessary.

in their mouths: for it tempereth the drinnesse of the mouth, clenseth away the slimie superfluities, and maketh the breath sweet, which in sleep, by reason of fuliginous vapours that arise from the stomack, is most commonly corrupted. Where by the way, it is to bee advertised, that their breath is most tainted in sleep, that are subject to obstructions; wherefore such bodies ought to bee purged and purified, according as the affected parts shall require.

Concerning the quantity or time how long wee should sleep, it cannot bee certainly alike defined for all men, wherein, no doubt, a mediocrity, as in all other things, yet limited with many circumstances, is best. It must be measured by health and sickness, by age, by emptinesse or fulnesse of the body, & by the complexion. And because the concoction, which is the root of life, is specially furthered by sleep, we must observe to sleep, till the concoctions in the stomack and liver are finished. But to know when the concoctions are compleat and ended, it is to be discerned upon the awaking, by the sensible lightnesse of all the body, especially of the head, and passage down of the meat from the stomack, and the certaine desire to avoid urine, and to goe to the stoole, so neither of them bee extraordinarily procured by error of diet, or otherwise. Contrariwise, heavinesse in the body and eyes, and savour of the meat before eaten, signifie, that the sleep is not sufficient. From whence it may well bee concluded, that for such as are healthfull, and in their youthfull and constant age, six, seven, or eight houres at

How long wee
should sleep.

The whole
time of sleep
being divided
into three
parts, the first
is chiefly pro-
fitable to the

the

stomack, the
second to the
stomack and
liver, the third
*in qua segregatio
fit puri ab
impuro*, to the
heart and the
braine. *Somnus
senibus vita est,
vigilia ruina.*

the most, is a sufficient time for the continuance of sleep, because in them the concoctions are in that space commonly perfected. But such as are weak and sickly by nature, require a longer time of rest, as nine, ten, or eleven houres, for helping the concoction, and the restoring of strengths.

The like is to be said of old men, for whom sleep verily is so profitable, that, because it chiefly helpeth the concoction, whereupon plenty of nourishable moysture doth follow, nothing, next to meats of good juyce, is so availeable for repaying their decayed state of body. Children also that have not attained to the age of eighteene yeeres, require longer sleep than youth and middle age, that immoderate fluxion of vaporous moysture by the pores, whereunto they are by reason of their lax and tender skinne, most subject, may be hindred, and their growth consequently bettered and encreased.

Why doe cholerick and melancholick bodies require longer sleep than the phlegmatick or sanguine?

But withall, there must alwaies in every age be speciall respect had of the complexion; for Cholerick and Melancholick bodies need longer sleep than the Phlegmatick or Sanguine, that the acrimonie of Choler may be tempered, and the concoction holpen: for to dry and leane bodies, such as are the Cholerick and Melancholick, nothing is more wholsome than quiet and sound sleep, because by it, the parts are generally moistened and refreshed, both in that it helpeth the concoction, as also, because it letteth the distillation and wasting of the humors. And, because that to leane, Cholerick and Melancholick bodies, nothing is more pernicious than too much watchfulnesse, whereunto by reason

Wholsome counsell for cholerick and melancholick bodies,

of

of their dry disposition of body, they are very subject; I advise that they usually observe, especially in the hot seasons of the yeere, to drink at their going to bed, a good draught of a soporiferous Almond milke, made with the decoction of excorticated Barley well mundified and abluted, Lettuce, the flowers of Borage and Violets, or in stead of them, the freshest leaves; and let it also have a choise Rose water, and be dulcerated or sweetened with the finest sugar: for this drink excellently moylneth and tempereth the braine, procureth sleep, and refresheth the whole body. The emulsion of the seeds of white Poppie, may also very profitably be added thereunto.

But of the contrary, to the Phlegmatick and such as are drowsie through the excesse of moysture, watchings are to be commended and enjoyed, *quia desiccant & attenuant*, lest that much sleep, or longer than is convenient only for concoction, should encrease their moyst and cold distemperature, and make it altogether sickly.

As for the Sanguine, their sleep must be very moderate, not above seven houres at the most; for they are very apt to be grosse, which much sleep, or more than is fitting for their temperature, will soone occasion. Wherefore it is better for them to be sparing in sleep, and to be somewhat macerated with watchings, than to be exceedingly puffed up therewith. Do we not finde by daily experience, that those which are more indulgent of their bellies and sleep than is meet, become so corpulent, grosse, and ill-favoured, that their brest and chin

Little sleep
best for phleg-
matick and
grosse bodies.

Why must the
sanguine be
very wary of
immoderate
sleep?

The discom-
modities of
immoderate
sleep and
watches.

even meet together? wherefore it is no marvell that they become unhealthfull and unlusty in their bodies, stupid and dull in their wits. To conclude this Section: As Sleep, unlesse it be moderate, and in fit time admitted, weakens the naturall heat, burdens the head with vapours, detaines the excrements longer than is meet; in a word, makes men sluggish, lumpish and unhealthfull, heavy-headed, of no wit or memory: So watching, except it be with mediocrity, encreaseth choler, spoyleth the temperature of the braine, dryeth up and consumeth the bodie, dimmeth the sight, wasteth the Spirits, and destroyeth all the powers and faculties both of body and minde. Let therefore both the sleep and watching be seasonable and moderate; without which gratefull and amiable vicissitude, our condition were miserable, and life not to be preserved.

As for the time of going to bed, after Supper, I have at large discoursed in the former Section.

Why do such as glut themselves with much meat at Supper, especially of divers kinds, seldome or never take quiet and comfortable rest thereupon?

BEcause as the fire by the heaping on of much wood, is choked and oppressed, so is the naturall heat by overmuch meat: whereby it comes to passe, that the concoction is hindered: Now from a retardated or lingering concoction, the vapours that are the cause of sleep, do slowly fume

fume and ascend to the head. Moreover, these vapours that ascend from a vitiated concoction, occasioned by a divers mixture of meats in the stomach, taken in too large a quantity, delight not nor refresh the braine, for they are tart and unpleasant: and by reason that the stomach is oppressed and overcharged in the concoction of them, unpleasant belchings also arise that hinder sleep, and oftentimes suffocations in sleep, which I wish all gluttonous persons to take notice of, and such also who for their health abide sometimes fasting till supper, that they then overcharge not, nor glut their stomachs by unreasonable feeding. But for this you may see more in the precedent Section.

Whether drying and warming of the bed, Pelveignito, a little before the entring therinto, be expedient and necessary? And what is to be done after the sleep, for the health of the body, before we betake our selves to an ordinary and necessary buisnesse.

I Add these two *Quæres*, as an Appendix to this Section. To the former I answer, that for the aged, and all such as are weak by nature, and that lead a tender and delicate course of life, the custome of warming the bed, is for two reasons very expedient and necessary in the cold and moyst seasons of the yeere. The first is, that the body, upon putting off the garments, may not on a sudden be affected with the externall cold. The second is, because

cause the interiour heat is comforted by the externall, the concoction holpen, and all superfluous moysture the better consumed. But I approve not this custome to such as are healthfull, and strong, because it will debilitate their bodies, and make them over-nice and effeminate. It remaineth therefore, that it is only convenient for the aged, and all such as are weak and tender by nature.

Frications.

To the second I answer, that after you have taken sufficient and competent rest, it is good, before you arise out of your bed, that you gently rub and stroke downward your breasts and sides; but your neck, shoulders, back, armes, hand-wrists, pinbones, thighs and legges more strongly with your own hand, or with an hot linnen cloth, doubled and heated for the purpose, or cause them to be rubbed, because it quickneth the bloud, and strengthneth the parts, by exciting the naturall heat. When you are risen, and before also, extend and stretch out your armes, legges, and whole body, that the animall spirits may be dilated to the exterior parts; and the limbs by that meanes corroborated: then walke a little up and down, that the superfluities which shall be in the stomack and other parts, may the more speedily descend and be avoyded; and be very diligent to excrete the Vrine, and depose the excrements of the belly; and let not with lesse diligence the superfluities of the nose by exsufflation, and of the brest by expectoration be purged forth: for nothing is more hurtfull to the body, than the retention of the excrements. That done, wash and plunge your eyes

in

in cold water; for that only clenseth away the filth, but also cleareth and preserveth the sight. And let the mouth be well clenfed with cold water, and the teeth rubbed thereupon with a coorse dry cloth. It will be the better if a little vineger or white wine be sometimes added to the water, and the gums and teeth rubbed with a sage leafe or two dipped therein, or washed and clenfed with the infusion aforefaid, and the teeth afterwards rubbed with a coorse dry cloth : for this purifieth the breath, and preserveth the teeth from corruption. Then let your head be well combed, that the pores may bee opened, to avoyd such vapours as yet by sleep are not consumed. And in the cold and moyft seasons of the yeere, let the head also be well rubbed with a coorse linnen cloth, somewhat heated: for thereby the naturall heat is excited, the pores opened, vaporous and rheumatick superfluities discuffed and diffated, and consequently, the braine and animall spirits exceedingly comforted. Of this therefore, as also of rubbing the neck in like manner, I wish Students, and all such as are subject to rheumes, palsies, and such like affects of the sinewes, to have a speciall care.

All which being done for the body, let not your better part passe neglected, but before you betake your selfe to your studie, or such businesse as your place shall require, consecrate halfe an houre at the least unto Almighty God by pouring forth your thankfull soule unto him, for his gracious protecting you from infinite dangers and calamities that might have beene befalln you untill

Rubbings of the head and neck mornings vvith an hot cloth, verry effectuall againſt rheums and cold infirmities of the sinewes.

this present time, with a true confession of your finnes, with an hearty and unfained repentance for them, and with a sincere and settled purpose and determination for the amendment of your life in that poore and uncertaine pittance of time that shall remaine; wherein, besides your never enough thankfulnesse for blessings received, let the remembrance of your finnes be bitter unto you; and cast not away your Soule by fashioning your selfe after this Pharisaicall and most sinfull time; but be holy, upright, uncorrupt, mercifull, peaceable; to shut up all in a word, labour by all meanes *to have alwayes a cleare conscience towards God and towards man*, and never forget that all your actions, how secret soever, or Pharisaically cloaked, shall in that great and fearefull day of accompts bee revealed. Wherefore in all your actions remember your end, and ever blesse God, and begin the day with a morning sacrifice to him, and then he will blesse the day unto you, and direct all your actions to the glory of his most sacred name, the good of your country, and preservation of your owne soules and bodies.

Of



Of Exercise and Rest.

SECT. XI.

Why ought Students, and all such as are studious of health, and that lead a generous course of life, to have speciall regard of exercise, and of avoyding immoderate rest? And as touching exercise, that it may be rightly used, how many things ought to be observed therein?

EXercise is so necessary to the preservation of health in Students, and all such as live a restfull and generous life, as that without it they cannot be long healthfull and without sickness: for by exercise and moderate motions, the naturall heat is increased, the spirits excited and dilated, the concoction and distribution holpen, the humors attenuated, windiness resolved, the expulsion of all excrements furthered, the whole body strengthened, and youth prolonged. Of the contrary, by immoderate and sluggish rest, the naturall heat is extinguished, the concoction of the meats, and distribution to the parts hindered, the humours corrupted, the excrements retained, the whole

The commodities of exercise, and the discommodities of immoderate rest.

whole body dulled and effeminated, and all manner of obstructions caused, rheumes and other infinite diseases occasioned, and old age hastned, and all, by reason of crudities, and great store of fleame and excrementall humours thereby ingendred; and therefore idlenesse and immoderate rest is not unworthily ranked among the causes of cold diseases. And this is found true by dayly experience in agrestick men, and all such as lead a laborious course of life, who for the more part live longer, and in better health and strength, than they that live in bodily rest, or enjoy a generous state of living. Wherefore it is very behoveable for Students and all such as live not a laborious course of life, to support by exercise and voluntarie motions their health, and not by being too indulgent of their ease and rest, infringe their strengths, and subvert their state of body.

But moderate rest, and in convenient time observed, hath also its commodities: for when the body is tyred through over-much labour, and strength faileth, and naturall moysture decayeth, then rest for a time recovereth strength, reviveth the spirits, and refresheth the limbs. So the mind wearied with cares and studies, hath need of remission and relaxation, without which gratefull vicissitude, the vigor neither of mind nor body can long bee preserved, according to that of the Poet:

Quod caret alterna requie, durable non est.

Now that exercise may bee rightly used for the health of the body, three things are to be observed therein: The Place, the Time, and the Measure.

Three things
to be observed
in exercise.

The

The place where exercise is to be used doth chiefly concerne the ayre, which must be cleare and pure, not vaporous or putrid, which as in habitation, so also in exercise is greatly to bee regarded: for the pores and passages of the body being open by exercise, the ambient ayre cannot but enter in, and bee also, by reason of the violence of breathing, vehemently drawne to the heart, which if it shall bee grosse, vaporous, or impure, cannot but very greatly offend the head, breed rheumes, annoy the heart; & corrupt the whole body: wherefore it is not good to exercise but in a good and wholsome ayre.

Now for the time fit for exercise, *Hip.* teacheth us plainly in three words, *Labores cibum precedant*: Let exercise be used before meat. The time then most convenient for exercise, must needs bee when both the first and second digestion is compleat, and that the time approacheth to eat againe. But from the exercise, to the eating, there must alwaies intercede a litle time of rest, as halfe an houre or more, especially if the exercise bee any thing violent, that the spirits and limbs may bee refreshed, and the humors in the body quieted and settled. Before exercise this caution must alwaies very carefully be observed, that the excrements of the belly and bladder be expulsed, that none of them by the violence of heat kindled by exercise, be drawne into the habit of the body, whereby the bloud may be corrupted, and very perilous obstructions occasioned. Wherefore it is not good to exercise, before the meat preassumed bee well concocted, and the excrements of the belly and bladder carefully de-

P p

posed.

The fittest
time for ex-
ercise.

A Caution, al-
wayes care-
fully to be ob-
served before
exercise.

posed. I will not here reſtraine any to certaine houres of the day for exerciſe, but as their occaſions ſhall give leave, ſo as it bee done according to theſe three rules, that is, After the excrements are avoided: In a whoſome ayre: And before meat. Whereunto I will adde a fourth, And, not in the fervent heat of the day, *Ne duplici calore afficiatur corpus*, that the body bee not at once affected with the outward heat of the ayre, and the inward heat of the body raiſed by exerciſe: wherefore in exerciſe let the fitteſſe of time bee alwaies obſerved. For untimely exerciſe doth greatly hurt the body, as to exerciſe immediatly after meale, or before the meat bee concocted: for thereby the naturall heat is drawn from the inward parts to the outward, the concoction conſequently marred, and the whole body repleated with crude and noyſome ſuperfluities. Hence proceed obſtructions, impoſtumes, ſcabs, and oftentimes ulcers, as is to be ſeen in divers that unadviſedly labour or exerciſe immediatly after meat, or before it be ſufficiently concocted. Yet to riſe up after meat, to ſtand and to walk ſoftly, is very good: for by this meanes the meats doe ſooner deſcend to the bottome of the ſtomack, and the naturall heat is alſo ſomewhat ſtirred up, whereupon doth follow the ſpeedier and better concoction. Wherefore I cannot but very greatly commend walking after dinner in the Summer ſeaſon in a cold Arbour, and after ſupper in the temperate and hot ſeaſons of the yeere, in open plaine fields, or in ſweet meadowes nigh to pleaſant rivers: for the digeſtion is not on-

The diſcom-
modities of
untimely ex-
erciſe,

Walking after
meat very pro-
fitable.

ly holpen thereby, but the spirits are also delighted, the whole body refreshed, and the fumes arising from the stomack dissipated. And if your state of body be such, as that you cannot walk after meale, yet stand at least, according to the old verse;

Post pastum stabis, passu mollive meabis.

To conclude this point, I do here therefore counsel all Students, and such as live generously, to labour neither in body nor mind immediately after meat (for as of the body, so also of the mind ought the exercises to be seasonable; for untimely studies do soone weaken the strengths both of the body and mind) but to spend an houre in gentle walkings, and pleasant discourse. And thus much concerning the time convenient for exercise.

Now I come to the measure of exercise, a meane wherein, as in all other things, is best, which by two notes may chiefly be discerned: The first is, by the bursting forth of sweat, and hot vapours: The other, by the wearinesse of the limbs: for when the skin shall be wet with sweat, it shall be good to desist from exercise, lest by proceeding therein, not only the spirits and good humours be exhausted, but also the fat annexed to the Liver, Reines, and Intestines, whereby the naturall heat of those parts is preserved, be melted, or at least caused to putrifie; by meanes whereof, if sudden death ensue not, as oftentimes it doth, the concoction is weakned, and the body become sickly, withered, and impatient of cold. And when the agility of the limbs shall begin to faile, it shall be good to desist, lest over-much wearinesse and feeblenesse should ensue. Here ther-

The measure
of exercise:
1. how long
we should ex-
ercise.

The discom-
modities of im-
moderate ex-
ercise.

fore it is to be advertised, how great and laborious exercises do evilly dispose the body, and subvert the state thereof, and that the best and most profitable exercises, for them that are sound and healthfull, are walking, bowling, *Et parva pile ludus*, the racket, and such like easie exercises. For it is certaine, that for such as are healthfull, it is sufficient by exercise to encrease the naturall heat, to excite the spirits and expell the excrements, which the aforesaid exercises do well effect, without any great trouble or lassitude of the body. Wherefore the true measure of exercise is, not to bee overwearied therewith, nor too suddenly to sweat and raise the spirits. But a measure in exercise cannot rightly be limited, without respect had to the constitution and state of body, because the phlegmatick, and all such as are of a full state of body, require more often and more laborious exercise than others, for exciting the naturall heat, discussing the superfluous moisture, and abating the grossenes of the body: for by how much fatter and grosser the body is, by so much the naturall heat is diminished. Wherefore for exciting the naturall heat, and dissolving the superfluous moisture of the body, which is the cause of grossenesse, I advise the phlegmatick, & all such as are apt to be grosse, to accustom themselves in the mornings to speedy walkings, and that up against hils or other steep places, and at other times convenient, to strong and laborious exercises; yet with this caution therein, that they do not so much exceed the meane, as to cause overmuch wearinesse and weaknesse to the body.

Phlegmatick
and grosse bo-
dies need oft-
ner and stron-
ger exercise
than other.

Of the contrary, to the cholerick, and all such as are of a dry and leane state of body, easie and light exercise is convenient, and that also no longer to be continued, but till the colour and flesh is somewhat ruddy, and the sweat begins to break forth. For if they should proceed further, or use more quick and vehement motions, the spirits would be soon exhausted, the body distempered and brought into an Atrophy or Consumption. They therefore that are of a very hot temperature, and of a leane and dry state of body, ought not at any hand to use any strong motions or exercise of body, but walking, bowling, and such like easie motions are abundantly sufficient for them.

To leane and cholerick bodies easie and light exercise is convenient.

As touching exercise also, the time of the yeere ought not altogether to be neglected: for in the Summer, by reason of the ambient heat of the aire, lighter exercises are more convenient, than at other times. In the Spring the exercise ought to be somewhat stronger, that the superfluities, which by reason of the Winter are congested in the body, may be resolved. But in this season let such as are of an hot temperature of body beware, lest by over-much motion, they over-heat and distemper it. But in the Autumne, and especially in the Winter, strong and laborious motion of the body is most convenient, because it dissolveth, and dissipateth grosse humors, helpeth the breathing, by removing the obstructions of the brest, occasioned by the moysture of the season, and is therefore specially necessary and profitable for grosse and phlegmatick bodies.

The time of the yeere ought to be respected in the exercise.

A caution to
be observed
after exercise.

I will conclude this Section, by adding one caution to be observed after exercise, and which is of very great moment; that is, that the body take not cold after the exercise: because it greatly weakeneth the naturall heat, the braine, and the sinewes; and induceth oftentimes swoonings, by a sudden obstruction of the pores, and barring in of vaporous moisture, that should by them breathe forth. And thus much concerning the true use and utiltie of exercise.

Frication, the
necessity and
utility thereof.

Now for those that cannot exercise their bodies at convenient times, by reason of great weaknesse, frication, or rubbing of the body (*Quae inter exercitationem & omnimodam quietem media est*) may well be used in stead of exercise: for it exciterh the naturall heat of the parts, openeth the obstructions of the skinne and flesh, draweth the humors from the superiour parts to the inferiour, from the inward to the outward, from the noble to the ignoble, whereby great comfort and utility is brought to weak and sickly bodies. Moreover it procureth sleep; but the belly and the stomack must not be perfricated, because it will trouble the concoction, offend the head, and occasion the distribution of crudities into the body. The application of a double cloth upon those parts, well heated for the purpose, during all the time of frication, is very necessary for the conservation of the heat of those parts, and discussing of wind. Neither must the reines of the back be rubbed, unlesse there be a sensible feeling of cold and wind in them, and then they must bee gently stroked, lest

OVER-

over-heating them, obstruction and nephritick passions be occasioned. The manner of using fricacies, must be with the hand, or a coorse linnen cloth; first, softly and easily; afterwards, faster and harder, as the tenderneſſe of the skin ſhall permit, untill the fleſh ſhall as it were ſwell, and be ſomewhat rud-die: then deſiſt; for a mediocrity even in frication muſt be obſerved. As for the time, the morning and evening are beſt for fricacies: and what parts are fitteſt for frication, I have ſhewed towards the end of the precedent Section. To conclude, fricacies are very needfull and profitable for the aged, the impotent, and ſuch as are barred of exerciſe, by reaſon of daily and waighthy buſineſſe.



Of Excretions.

SECT. XII.

Why doth the health of the body much conſiſt in the due and daily avoyding of the generall excrements?



He generall excrements of the body, are thoſe of the three concoctions, the ſtoole, the urine, and the ſweat: for every concoction ha h his excrement, or ſuperfluitie; and becauſe they are altogether unprofitable, being excrements, not on-ly

ly in quantity, but also in quality, they ought every day, to the ease and health of the body, to be avoyded; for, being retained longer than is fitting, they become very troublesome and pernicious to the body. Wherefore such as are studious of their health, must be very carefull daily and opportunely to avoyd the excrements of the belly and bladder. And if your belly shall be naturally soluble, account that in regard of your health, for a great felicity. For they that have their belly naturally loose and open, so it be not immoderate, and more than their state of body, in regard of the grossnesse or tenuity thereof shall require, are not easily affected with sicknesse: whereas, of the contrary, they that have the same bound up, and have seldom the benefit of nature that way, have for the most part, often conflicts with sicknesse. I say, for the most part, in regard of some exceeding hot cholerick bodies, who in regard of their strong naturall heat, that concocteth with few superfluities, have commonly costive bodies, and yet enjoy perfect and absolute health. Wherefore I advise all such as are studious of their health, to have speciall care, that their belly expurge it selfe daily, twice, or once at the least. For the keeping of those ordinary and daily excrements, is very offensive to the body, by reason of the noysome fumes that ascend from them, which of all other parts doe chiefly annoy the head, causing dimnesse of the sight, dulnesse, heaviness, headach, inflammation of the head; and not these only of the head; but the mind it selfe is oftentimes hereby disturbed, and melancholically

Health doth
greatly consist
in a soluble
belly.

ly affected. Here some may demand, why the excrements of the best tempered man, are of a more noysome or stinking savour, than of other creatures?

The reason is, because man useth a more moyst and various nourishment, and leadeth a more resty kinde of life, by meanes whereof he collecteth more superfluous moysture: for of superfluous and excrementall moysture comes putrefaction, of putrefaction an ill savour. But other creatures use a more simple, and dry kind of food, whose excrements therefore are the drier, and consequently lesse stinking, for want of moysture that ministreth matter for corruption. From hence the wholsomnesse of a plain and simple diet may seeme to bee inferred, and preferred before a greater variety. But for this, I referre you to the eighth Section afore going, where I have at full resolved this scruple.

And how beneficiall it is for the health, to procure sweat by exercise, I have shewed in the former Section; and therefore I shall not heere need much to insist therein. Nature verily hath to no other purpose made the skin full of pores, but that there should be free passage thorow it for sweat and insensible vaporations. I shall not heere need to shew, that it is not convenient for very hot and dry bodies to provoke sweat: or of the contrary, for cold, moyst, and phlegmatick bodies very needfull; nor yet, in procuring of sweat, that there must be speciall care had, as in all other kinds of evacuations, that it be not immoderate, and deject the

Qq

strengths:

strengths : for all this is at large shewed in the former Section.

Besides these generall excrements, there are also particular, as those of the braine, and brest, which being retained and not liberally excreted, do greatly annoy and affect those parts. Wherefore the excrements of the braine must daily be avoyded thorow the mouth by spetting, and excreation, thorow the nose by exsufflation, and also sometimes by sternutation ; especially in the mornings ; and those of the brest by coughing expectorated. And thus much for excretions, which are offensive both in quantity and quality. Other excretions there are, not simply necessary, but at sometimes ; as that of *Venus*, and the menstruals, which are excrements naturally good and profitable, in quantity only reputed excrements ; and therefore not to be avoyded, but when they are encreased to some quantity ; or by meanes thereof begin to be burthensome ; and being at such times avoyded, the body and all the faculties thereof, are the better preserved in a lively and sound integrity. But when they shall so abound, as to be troublesome to the body, if they are not avoyded, but subsist still in the same, they soone putrifie, and acquire an ill quality, and produce most grievous symptomes. And it is all as bad in the other extreme, if they be immoderately avoyded : whereof I would have all such as are intemperately addicted to *Venus*, to take notice, unlesse (to speak all in a word) they desire to have their bodies wasted, and spirits consumed. Whereof those that are of a melancholick, or dry cholerick constitution.

stitution, must be most warie; for such are soonest, and that very quickly, hurt by *Venus*. Other things which concern these excretions, I let passe, as not fitting for this Treatise.

Whether the procuring of sweat in an artificiall Bath of warme water, or in a Stove or Hot-house, be expedient for the preservation of health.

I Have before shewed how beneficiall it is for the health of the body, to procure sweat by exercise: but seeing that it is not fitting for the body that all men should, neither can all, by reason of infirmity, provoke sweat by exercise, I have of purpose proposed this *Quære*. Whereunto I answer, that in defect of naturall hot Baths, Sweating may be procured by artificiall Baths of warme water, or in Stoves, according as the constitution and state of body shall require. Artificiall Baths were in great use and request with the antient Greeks and Romans: for there scarcely passed a day, wherein they bathed and washed not themselves. But this custome is wholly gone out of use, because it makes the body nice and effeminate, and subject to every change of ayre. Neverthelesse artificiall Baths rightly used, are very profitable for some bodies, namely, for such as are leane, and of a dry melancholick temperature, or that are of a rough or dense habit of body: for they relax the pores, mollifie and moysten the dried parts, lenifie the skin, and help the perspiration, or breaching forth of fuliginous superfluities thorow the

same, which cannot but free the body from fevers, and many other maladies. But in the use of artificiall Baths three cautions are to be observed. I will but name them. The first is, that not any one go into them without fit preparation, that is, unlesse the body be naturally soluble before, or made so by Art. The second is, that they be not used in exceeding cold or hot seasons. The third, that they be shunned of them that are subject to a defluxion of humors to any infirme part, whether inward or outward. As for the time best to go into them, it is an houre more or lesse before bed-time, according as you purpose to make your stay therein, because they procure sleep, by sending up sweet and pleasant vapours to the braine, having made a slender supper, and that at least two houres before. As artificiall Baths are very requisite for leane, and dry melancholick bodies: so are Stoves or Hot-houses for phlegmatick, and all such as are of a moyst and grosse habit of body: for they mightily procure sweat, consume crudities, strongly dry, enlean, and corroborate such bodies. But let such as have feeble spirits, and that are weak by nature, utterly refrain them, because they quickly exhaust feeble spirits, and cause swooning. Stoves are in little use with us, but with the Germans and other Northern nations very much. The Turks bestow so great cost upon their Hot-houses, as the ancient Romans did about their artificiall warme Baths: for in Constantinople you may behold large and stately Stoves, and many sweating in them at once, and when they have sweated sufficiently, they be-

take

take themselves into Cells, or little houses close adjoyning, wherein is a vessell of warm water, and another of cold to mixe therewith, if it shall be too hot, and so wash all their body over: which I approve as very necessary and healthfull after such sweatings, because it purifieth the skin, and mundefieth away such viscosus superfluities, which otherwise will be apt to adhere and obstruct in the pores.



Of Perturbations, or Passions of the minde.

SECT. XIII.

*Seeing that the Passions of the minde are inevitable,
& secundam naturam nobis succrescant, borne
with us, and bred up with us, why are they reputed
as morbificall causes, and hurtfull to the Body?*

Will not here stand to discourse of the
objects of Perturbations, nor how the
sensitive facultie is the fountaine of
them; nor how they are the naturall
motions of the heart, and that by means
of the spirits, which are the primary instruments
of the soule, as things altogether impertinent for

Qq 3

this

this place ; but how they are to be reputed as mor-
bificall causes, and hurtfull to the body.

Animi passiones, dum intra modum consistunt, & neque animam à consuetis, & naturali moderatione & virtute dimovent, non animi perturbationes, sed actus jure dicuntur : and in this respect they are said to be inevitable, & *secundum naturam nobis succrescere :* to be naturall, & *utiliter à natura dari.* These Passions, *Cicero Leves perturbationes optimè dixit. Verùm cum modum exceßerint, & hominis decentem harmoniam, & elegantiam, ac modum naturali debitum mutaverint, tunc quidem animi passiones seu perturbationes jure optimo dicendæ sunt, & vitandæ, ut corpori & animæ noxiæ.* The passions therfore of the mind are not to be reputed hurtfull, or numbred among the causes of sicknes, but when they shall exceed and be immoderate, & so becom perturbations indeed : for then they greatly alter the body, weaken and overthrow the faculties thereof. I will instance in some : Immoderate joy relaxeth the heart, and causeth such an effusion of the spirit, as that oftentimes ensue sicknesse, great debility of the body, swoonings ; and, as we read of some pusillanimick or faint-hearted persons, death it selfe. Sadnesse and feare, of the contrary, do straiten and presse the heart, weaken the spirits, and naturall heat, and cause them to be contracted to the heart, by meanes whereof, the digestion of the meats, and distribution is hindred, and the remote parts left destitute of heat : and from hence proceedeth that vacillation or trembling of the limbes in them that are affected with feare : Moreover, sadnesse

Immoderate
joy.

Sadnesse and
feare.

nesse and feare, in continuance, dry the body, resolve the strengths, ruinate the Senses, and induce melancholick sicknesses, by exsiccating the blood and spirits neere the heart.

Here some may demand, that if trembling of the limbes proceed from the defect of heat in the parts, and if feare draw the heat and spirits inward, especially to the heart, why the heart doth tremble in them that are affected with feare? Whereunto it may be answered, that although feare force the heat and spirits inward, yet it compels them not to the heart strong and lively, but weakned and abated: *Nam in metuentibus crassescunt spiritus & sanguis, suntque imbecilliores frigore*, and that by reason of the imagination, which is earnestly bent and troubled in preventing and withstanding the imminent mischiefe and perill. And from hence it is that the heart is not only straitned, and doth tremble in feare, but also that many swoound, die, and are exanimated with sudden feare, the heat and spirits being extinguished by overmuch blood conglobated in the heart. *Dum enim anima timore concutitur, ut vitæ consulat, sanguinem & spiritus custodia gratia repente ad interiora & ad cor precipue, quod corporis quasi princeps est, invocat & contrahit.*

From whence proceed the trembling of heart in them that are affected with feare?

Anger stirreth up the naturall heat, breedeth choler, and inflameth the blood and spirits. And here it is to be observed, that though Anger be reputed a morbigicall cause, and hurtfull to the body; yet not alwayes and alike to all bodies: for to phlegmatick and dull bodies it is sometimes very necessary.

necessary to the preservation of their health, because the naturall heat, being therewith stirred up and encreased, doth the better concoct, discusse, and consume their crude and moyst superfluities. Whence it is manifest, *Animi passiones posse mutare corpus, & affectus ejusdem contrarietate sanare, & ob id utiliter à natura dari.* Let me not be mistaken, in approving Anger to be sometimes healthfull for phlegmatick and dull bodies, as that in their passion, they should fall into that most detestable truculent and megereon kind of furie, from whence arise tumults, strifes, homicides, and the like mischiefs; but the Anger which I here allow is that, which by the bridle of Reason is restrained from furie. And this is the Anger which is the true affection, and passion of the minde, and which together with the spirit doth diversly disturb and distemper the bodie. And this kinde of Anger is to all hot, drie, and leane bodyes most hurtfull, because it quickly overheateeth them, adusteth their blood, dryeth the substantiall moysture, and resolveth the strengths. And therefore let such as are by constitution hot and dry, especially labour for Patience, which is the only specificall remedie against the unbridled affection of Anger.

Wherefore, seeing that the affections and perturbations of the mind are of such force for the overthrowing of the health and welfare of the body, I advise all such as are respective of their health, to bridle all irrationall motions of the mind, by the reason and understanding, and labour by all meanes to observe a mediocrity in their passion,

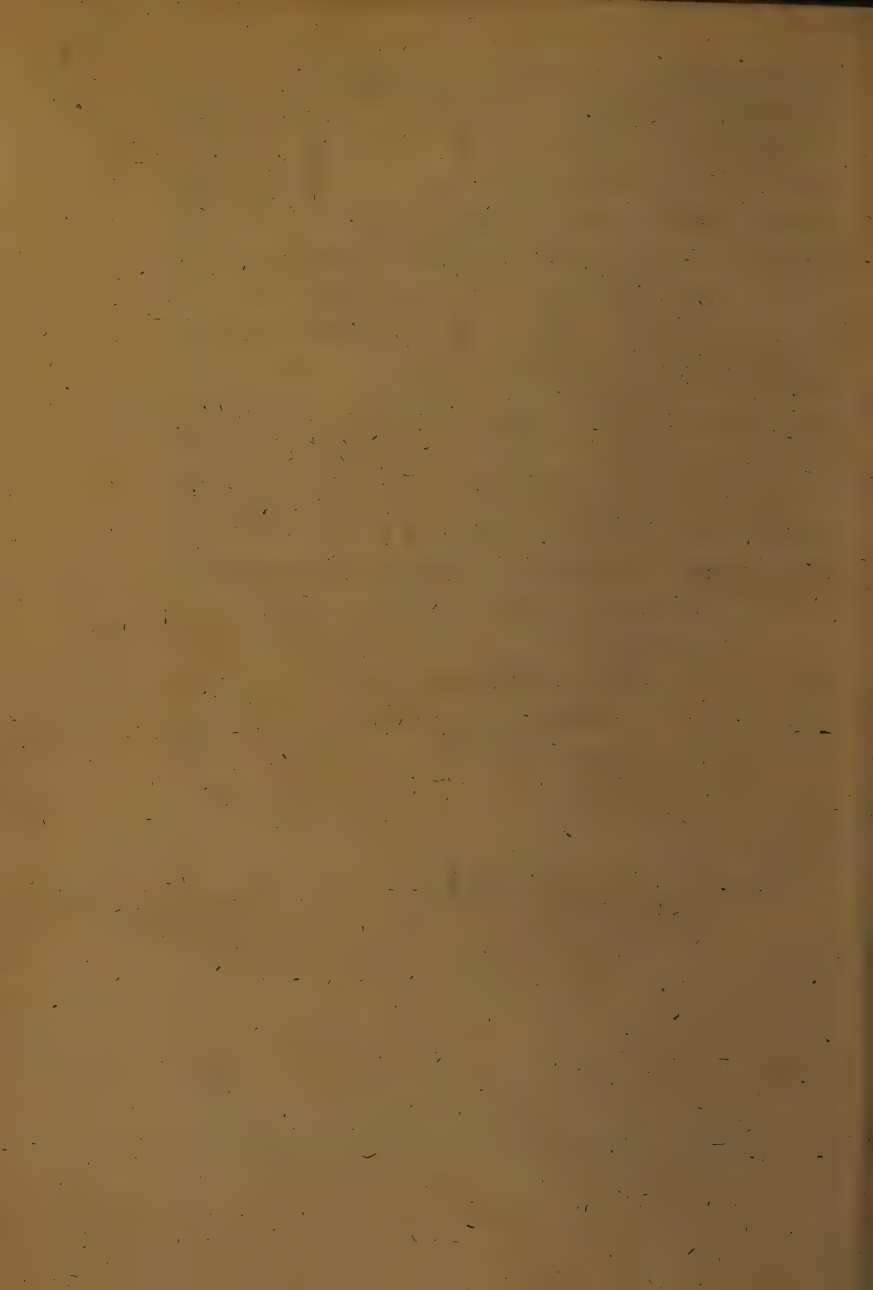
Anger most
hurtfull to
hot and drie
bodies.

Sa'nbre confi-
sum.

passion wherein consisteth the tranquillity both of mind and body, which of this life is the chiefest happinesse. To couclude this Section, and to ad a period to this Work; among all the affections of the mind, beware chiefly of Sadnesse, for it drieth the bones; and embrace moderate joy, for both body and mind are bettered thereby: and that your joy may be joy indeed, strive, without halting, to enjoy withall the joy of a good conscience, by living soberly, uprightly, and godly in this present world: *Non enim habemus hic manentem civitatem*: For we have here no continuing place of abode: but we seeke one to come, whose maker and builder is God, and who to that end hath called us out of darknesse into his marvelous light. Let us therefore rejoyce
alwayes in the Lord, and sancti-
fie him in our hearts, ab-
staining from every
evill deed.

FINIS.

Rr



THE
BATHS
OF
BATH E:

OR,
A NECESSARY COMPENDIOUS
Treatise concerning the Nature, Use, and Efficacie of those famous Hot Waters.

Published for the benefit of all such as yeerely
for their health, resort to those Baths.

With an Advertisement of the great utility that
commeth to mans body, by the taking of Physick in
the Spring, inferred upon a Question moved,
concerning the frequencie of sicknesse, and
death of people more in that season,
than in any other.

Whereunto is also annexed a Censure, concerning the Water
of Saint *Vincent's* Rocks neere *Bristol*, which is in great
request and use against the Stone.

By T. O. VENNER Doctor of Physick in Bath.

LONDON,

Printed by R. Bishop for Henry Hood, and are to be sold at
his shop in Saint *Dunstons* Churchyard in
Fleetstreet. 1637.



SERENISSIMAE
PRINCIPI

MARIÆ,

ANGLIÆ, SCOTIÆ,
FRANCIÆ, ET
HIBERNIÆ

REGINAE,

HOC DE THERMIS BATHONI-
ENSIBVS OPVSCVLVM

humillimè dedicat &
consecrat

TO. VENERUS

Med. Dr

Rf 3



TO THE READER.



*G*ood Reader, seeing in the time that I have exercised Physick at the Baths, the yeerely concourse in the Spring, and Fall, of people of all sorts, and from all parts of this Kingdome, to those famous Waters; and the little benefit that many after great expence and trouble receive thereby: I was induced to publish this ensuing Treatise, wherein I have very briefly shewed the nature and efficacie of those Waters, touch'd the causes that many find not comfort, but oftentimes rather hurt, that resort to them; with such advertisements concerning the use of the said Waters: which if they be rightly observed, I am perswaded, few will hereafter complaine that they have beene at the Baths in vaine, and so the Waters regaine that esteeme which in respect of their singular Vertues they are worthy of. But here you must take from me this one advertisement, which is, That Sicknesse is a Symptome of Sinne: And therefore first, Poenitentiam agendo, before your departure from home, make peace betwixt God and your conscience, and then repaire to the Baths, quò te faustum ducat, atque sanum reducat, qui solus id potest. Vale.

THE



THE
BATHS
OF
BATHE.



BATHE, so called from the Baths in it, is a little well-compacted Cittie, and beautified with very faire and goodly buildings for receipt of strangers. Although the site thereof, by reason of the vicinity of Hills, seeme not pleasant, being almost invironed with them; yet for goodnesse of ayre, neernesse of a sweet and delectable River, and fertility of soyle, it is pleasant and happie enough; but for the hot waters that boyle up even in the middest thereof, it is more delectable and happier, than any other of the Kingdome.

There are in it foure publick Baths, so fairely built, and fitted with such conveniencie for bathing, as the like (I suppose) is not else-where to bee found; besides a littl Bath for Lepers, called The Lepers Bath,

Concerning the Minerals from which these waters

ters receive their medicinable vertu, it is principally from Sulphur with Niter and some Bitumen: and that they have their tincture from these, it is evident by their effects: for they heat, they dry, discusse, resolve, attract, mollifie, cleanse, &c. what else may lie hid in the earth from whence these waters issue, I know not; but of this I am sure, that such diseases as cannot receive cure else-where, heere yeerly doe.

Kings Bath.

These Baths as they differ in their heat, so in their operations and effects. The Kings Bath is the hottest, and it is for beauty, largeness, and efficacy of heat, a Kingly Bath indeed, being so hot as can be well suffered. This Bath is of strong-heating, opening, resolving, attracting, and exsiccating faculty, and therefore only convenient for cold and moist bodies, and for cold and moist diseases.

Hot Bath.

Next to the Kings Bath for efficacy of heat, is the Hot Bath, and the difference in their heat is very little. This Bath is good for the same infirmities that the Kings Bath is, and for the effects which it worketh, I cannot find it to be inferiour unto it; but rather for any limbe that is weakned and relaxed, I find by experience, that it is more effectually than it, or any other of our Baths. This and the Kings Bath are two excellent Baths for cold and moist diseases, and for very cold and moist bodies.

Queenes Bath.

The Queenes Bath is a member of the Kings Bath, a wall only going between them, with a passage therein to goe from one to another. This Bath is not altogether so hot as that, and therefore the

the use of it is convenient for them that cannot well endure the heat of the Kings Bath.

The Crosse Bath is for heat the mildest, being very temperately warme: it is a dainty Bath for young, weake, and tender bodies, that cannot endure the heat of the hotter Baths, or for whom the hotter Baths may not bee convenient. It is an excellent Bath for temperate bodies, by way of preservation, because such the hotter Bathes may soone distemper, and occasion hurt: Neither is this Bath good onely for such as are of a temperate state and constitution of body by way of preservation; but for them and others also by way of curation, in some cases, where the hotter Baths are not fit to be used. This Bath, by reason of the mildnesse of its heat, is of a notable mollifying and relaxing faculty: good therefore in contractions of any member, in obstructions of the brest, spleene, liver, and kidneys; and effectually also for Aches, when it is in its prime and vigour of heat, especially for such, whose temper or habit of body shall prohibit the use of the hotter Baths. This Bath attaines not to its perfection of heat, till the weather grow to be constantly hot, and when the other Baths, by reason of the fervour thereof, cannot be used, but by such whose diseases, and state of body are impensively cold.

I cannot, in regard of the diversity of bodies, insist upon every particular in the use of these Baths: wherefore I will only for your better instruction and direction herein, give you some speciall advertisements, and thereupon leave you to some Learned Physician, that can accordingly guide you in the use of them.

Sf

These

The vertue of
the Baths in
generall.

These famous hot Waters are of singular force, not only against diseases gotten by cold, or proceeding from a cold and moyst cause, but also bring, in time of health, exceeding comfort and profit to all cold, moyst, and corpulent bodies: for they open the pores, resolve, attenuate, digest, consume, and draw forth superfluities, and withall strongly heale and dry the whole habit of the body.

They are of excellent efficacy against all diseases of the head and sinewes, proceeding of a cold & moist cause, as Rheumes, Palsies, Epilepsies, Lethargies, Apoplexies, Cramps, Deafnesse, Forgetfulnesse, Trembling, or weaknesse of any member, Aches, and swellings of the joynts, &c.

They also greatly profit windie and some hydro-pick bodies, the paine and swelling of any part of the body, so that it proceed not from an hot cause, the sluggish and lumpish heavinesse of the body, numnesse of any member, paine in the loynes, the gout, especially the Sciatica, cold tumours of the Milt and Liver, the Yellow laundies in a body plethorick or phlegmatick.

They are also very profitable for them that have their lungs annoyed with much moisture; and to make slender such bodies as are too grosse, there is nothing more effectually, than the often use of these waters. Wherefore let those that feare obesitie, that is, would not waxe grosse; be carefull to come often to our Baths: for by the use of them, according as the learned Physician shall direct, they may not only preserve their health, but also keep their bodies from being unseemingly corpulent.

They

They are also singularly profitable to women; for they help them of barrennesse, and of all diseases and imperfections of the Matrix, proceeding of a cold and moist cause. They also cure all diseases of the skin, as Scabs, Itch, old Sores, &c. All which to be true, we daily find with admiration, to the exceeding great comfort of many, who with deplored diseases, and most miserable bodies, resort to these Baths, and are there by the help of wholesome Physick, and vertue of the Baths, through the blessing of Almighty God, recovered to their former health.

But Baths naturally hot (as these our Baths are) to bodies naturally hot and dry, are generally hurtfull; and so much the more, as the body is dryer, and the Bath hotter, because it distempereth and consumeth the very habit of the body, and maketh it carionlike leane.

Wherefore seeing that these our Baths are not indifferently agreeable to every constitution and state of body, I do advise, that not any one goe into them rashly, or upon a preposterous judgement; but that he be first advised by some faithfull, judicious, and expert Physician; and to him expose the state of his body, whereby he may understand, whether or no it may be expedient for him to attempt the same. And whereas there are in Bathe divers Baths, as I have shewed; and they differing in their heat, and accordingly in their effects, hee must also from the learned Physician bee directed in which to bathe: neither must hee only understand which Bath to use, as most convenient for his state of body; but

Hot Baths
hurtfull to hot
and dry bodies.

also when and how often to use the same, and how long to abide therein at a time. Besides this, hee must take speciall care, not to go into the Bath without fit preparation, (which is a grosse error of many) but must bee first purged, as his state of body shall require; and bee also directed in other things how to order himselfe, before hee go into the Bath, while he is in the Bath, after he is come out of the Bath, and when hee leaveth the Bath: and must also with his bathings and sweatings use such Physick-helps, as may work with the Baths, according as his disease and present state of body shall require; not relying wholly upon the use of the water for his cure, as many ignorantly, and some basely doe, to save their purse. The neglect of all these, or of some of them, either through ignorance, or voluntary wilfulnesse, is the cause, that some that take great paines to come to the Baths, are not by them healed of their infirmities, but oftentimes never returne to their homes againe; or if they doe, it is most commonly with new diseases, and the old worse than ever they were: whereas many of a generous and religious understanding, using the true helps of Physick with the Baths, are of their diseases perfectly cured.

Here I may not omit a speciall reason, why many receive little benefit by the Baths, but oftentimes much hurt; and that is, because they take not the aid and directions of a Physician present, in the use of the Bath; but bring their physick and directions with them from some Physician in the Countrey where they abode; perhaps, one that well understands

As not to go
therein to up-
on a full sto-
mack, &c.

stands not their state of body, much lesse the nature and true use of the Baths. But admit that they have their directions from an understanding Physician, yet I must tell them, that many accidents fall out oftentimes in bathing, that require the help of a present Physician.

Another speciall reason why many find little good by the Baths, is, because they make not such stay at them, as in regard of their infirmities, or state of body, is meet: for some go away before the Bath (in regard of a dense habit of body) hath wrought any manner of effect at all on them: others even then when the Bath begins to shew its force and efficacie on their bodies: and some too soone upon much benefit received: by meanes whereof they easily incurre a relapse. Wherefore my counsell herein unto you is this, that you limit not your stay at the Baths before you depart from your homes; but in that be advised and ruled by your Physician, when you are at the Baths, according as he shall find to be meet for your infirmities, and state of body: and think not to receive in foure, five, or six weeks an absolute cure for an infirmity, which perhaps you have borne two or three yeeres, notwithstanding all the helps and meanes you have used for the same in your owne Country. Wherefore let your abode at the Baths be, as it shall be requisite for your state of body, and limit not the time, no not to a Spring, or a Fall; for it may be needfull for you to reside there the whole yeer, it may be more: for otherwise by your untimely departure, you may lose the good you have got-

ten by the Bath, before the time come that you shall think to be fit for the use of the Baths againe.

But here I know you will object against me, saying, Is it good to make use of your Baths in the Summer & Winter? Are not those times by all learned and judicious Physicians prohibited for bathing in hot Baths? Whereupon grew the custome of frequenting them in the temperate seasons of the yeere, namely in the Spring and Fall?

Whereunto I answer, and first, that bathing in our Baths in Summer, taking the coole of the morning for it, if the season shall be hot and Summer-like, brings much more benefit to the body, the disease being of a cold nature, and proceeding from a cold and moyst cause (for so you must conceive me) than in the Spring or Fall, when oftentimes the coldnesse and variablenesse of the aire takes away the benefit of your bathing: for cold, or vaporous aire entring into your body after bathing, the pores being open, doth not only very greatly annoy the spirits, and principall parts, occasion wind and tortures in the bowels, but also induce oftentimes irrecoverable affects to the sinewes and joynts. But if seasons that are constantly warme, be best for bathing in our Baths, and cold times hurtfull, why should any reside at them in the Winter? I answer, That it is good for them that are in the way of cure, by reason of their former bathings; and that the waters are in their nature as effectually hot in the winter, as in any other time of the yeere; only the superficies, or upper part of the Bath is cooled by the winde. But in the Winter there are
some

some calme dayes , in which the diseased body lying neere to the Baths, may well and safely bathe, without any offence or danger in taking of cold after: for he may keep himselfe in a warme chamber, having nothing else to doe, or take care for, but for his health.

And here I cannot but reprehend the error of most people, that at the end of May depart from our Baths, and after that moneth, I know not out of what prejudicate opinion , altogether refraine to come to them , till the Fall: perhaps they do this, supposing, that after the Spring , till the Fall come againe , the Baths lose their vertue. I must tell them, if this be their conceit, that they are in a great error; for the waters lose not their vertue at any time, only the disposition of the ambient aire may make them lesse fit to be used at one time than at another. But I would have you to know, and as I have afore-shewed, that our Baths may as profitably be used in Summer, as in the Spring; and most commonly with farre better successe in the whole moneth of Iune, than in any of the former moneths, and that in regard of the constant temperature of this moneth , and the variable dispositions of the moneths preceding. I am perswaded , that this untimely going from the Baths at the very approach of Summer , hurts many, and overthrowes the good they have received by them. Wherefore my advertisement herein is this , that they which resort to the Baths for prevention of sicknesse, or such hereditarie diseases as they feare will befall them, depart from the Baths about the end of the
Spring:

Spring : but such as go to them for diseases already fixed, abide there the whole Summer, and longer too, if there shall be occasion.

And admit that after the moneth of Iune the weather be too fervently hot to bathe in the hotter Baths ; yet the Crosse-Bath, which for heat is the mildest, being, as I have said, in its nature temperatly hot, attaines not to its efficacie and perfection, till the weather be constantly warme, which for the most part happens not till towards the end of May, or the beginning of Iune. The use of which Bath is of excellent efficacie, not only in the moneth of Iune, but after also, yea, all the Summer, according as the state of the body, and disposition of the season shall permit : wherein I leave you to the counsell and direction of some learned Physician resident at the Baths.

And now also I must advertise such, as in the declining or Fall of the yeere, which we call the Autumne, shall for the health of their bodies repaire to our Baths, that they deferre not their comming till the middle of September, or after, as many ignorantly do ; but that they rather be there shortly after the middle of August, that they may have time sufficient for bathing, before the aire grow to be too cold, as commonly it is in October, especially towards the end thereof. But perhaps, some out of an ignorant timorousnesse will object ; That to come to the Baths before the Dog-dayes are gone, or too soone upon them, is hurtfull ? Herein they are more scrupulous, than judicious : but to yeeld them some satisfaction, I answer ; Besides
- the

the often alteration of seasons from their temperature in our Northern Climats, that though the middle part of the day in the later part of August shall be hot, yet the mornings and evenings (which are the times for bathing) begin then to be cold, and decline to a temperature. And the heat of the day growing on upon the bathing, is that which we specially respect for the health of our patients, for whom we approve the use of the Baths. Wherefore such as for the health of their bodies repaire to our Baths, shall (if they be there in the later part of August) receive a double commodity: for first they shall have the whole moneth of September very convenient for bathing, and Physick also, as shall be occasion; yea, and part of October, as the disposition of the season shall permit: next, sufficient time for their returne to their homes, before the aire grow too cold, or the weather distemper'd; for to take cold betwixt the bathings, or to expose the body to travell in foule and intemperate weather, upon the use of the Baths, induceth (the pores being open) besides Feverous distemperatures, and ventosities, oftentimes very great and dolorous affects of the Braine, Brest, Sinewes and joints.

I may not let passe how certaine accidents now and then befall some in their bathings; as weaknesse and subversion of the stomack, faintnesse, and sometimes swoonings; and these the Physician must take speciall care to prevent, which may be occasioned by meanes of the Sulphurous vapours of the

T t

Bath:

Bath: yet I must tell you, that these, or the like accidents our Baths do seldome occasion, especially the Crosse Bath; but in them they are weak by nature, that are subject to swooning, or go into them preposterously, without fit preparation and direction. And the reason is, because our Baths being large, and having not the corporall substance of the minerals in them, nor in the cavities neere adjoyning, the vapours are the lesse noysome, not so grosse and adusted; and therefore not quickly offensive, but to them that are very weak by nature, or as I have said, go into them without fit preparation, or make longer stay in them than is meet.

*Baths Techno-
logie with them
that resort to
these Baths.*

And here I cannot but lay open Baths Technologie, or deceitfull dealing with such as for the health of their bodies resort to those Baths, wherein I am sure to gaine little thank. But I passe not for it, my purpose being to discharge a good conscience, and to doe my Country good. The thing therefore that I would have you to take notice of, is, how the people of that place that keep houses of receit, and their Agents (for such they have in every corner of the streets, and also before you come to the Gates) presse upon you, importuning you to take your lodging at such and such an house, neere to such and such a Bath, extolling the Baths neere which they dwell, above the rest, respecting altogether their own gain, nor your good or welfare. And when they have gotten you into their houses, they will be ready to fit you with a Physician (perhaps

a Doctor of their own creation, as some Emperick, upstart Apothecary, or the like, magnifying him for the best Physician in the Towne) that will not crosse them in removing you to another Bath, though the Bath neere which you are placed, be altogether contrary to your infirmities & state of body, or at least, not so convenient as some other. And this also a special reason, why many oftentimes receive rather hurt than good by the use of the Baths.

My Counsell therefore to the learned Physicians shall be this, that they so tender the good of their Patients, and their own worth and reputation, as that for base gaine they subject not themselves to these kind of people, in hope to get Patients by their meanes; and to the Patients, that they fall not by any meanes into the hands of Empericks, who, by their ill qualified Physick, will spoyle their bodies, and by reason of their pragmaticall nature, perswade and put them to unnecessary & preposterous courses, which cannot but produce disastrous effects.

But seeing that no calling is more disgraced, than by the men of the same calling, I wish all professors of Physick to carry themselves worthy of their calling, to be faithfull and honest in their courses, not to insinuate with any, or after the manner of our Bath-guides, presse upon them to bee retained. If an Emperick or Mountibank seek about for work, I blame them not; let them deceive those who will be deceived; but for such as are graduated in the noble faculty of Physick to do so, it is Fidler-like:

Bathe being a place, in regard of the Baths, that many resort unto for cure of infirmities, that cannot receive help elsewhere; it were to be wished, that Empericks, and all other whatsoever they be, being not Graduates in the Faculty of Physick, were utterly prohibited to practise in the City, or neere to the confines thereof. idque sub poena gravissima.

a note, if not of some unworthineſſe in them, I am ſure, of a baſe mind. Let thoſe therefore that are Phyſicians indeed, ſtrive to maintaine the reputation of their Art, and not by a baſe inſinuating carriage, or Mountibank-like tricks, to get a note and repute, vilifie their owne worth, or diſgrace ſo noble a Faculty.

But to draw to an end, when you ſhall for your health repaire to the Baths, be cautelous, and ſuffer not your ſelfe to be taken up by ſuch as will preſſe upon you; but reſt your ſelfe at your Inne, and be well adviſed by a Phyſician that knowes the nature and uſe of the Baths, and can well judge of your infirmities and ſtate of body, what Bath ſhall bee fitting for your uſe, and then take up your lodging accordingly: which courſe if it were obſerved, and the Phyſician carefully and learnedly perſorme his part, I am perſwaded that many mo than now do, would, for their infirmities, finde remedy at the Baths, to the great honour of the place, and that ſcarcely any would depart thence, but much eaſed and bettered in their ſtate of body.

Thus much I thought fitting to adviſe and publiſh, concerning the nature and uſe of our Baths, and the rather, that ſuch as prepoſterouſly uſe them, as the greater part, I ſuppoſe, do, that reſort unto them, may not erroneouſly detract from the admirable vertues of them: for unto us it doth yeerely appeare, by the miraculous effects they work, of what excellent efficacy they are, if they be rightly and judiciously uſed. And ſeeing that in the true
uſe

use of them, there are many things to be considered;
I do therefore againe advise all such as are respec-
tive of their health, that they enter prize not the
use of them, without the counsell and directi-
on of some honest and learned Physici-
an resident at the Baths: which if
they do, the *incommodum* may
be *majus commodo*. And
so I conclude this
Treatise.



AN
ADVERTISEMENT
of the great utility that com-
meth to mans body, by the ta-
king of Physick in the Spring,
inferred upon the ensu-
ing Question.

The Spring being the most reviving, flourishing, and temperate season of the yeere; whence is it, that sicknesses are more frequent in the same, and people sooner die therein, than in any other season?



Here may be two reasons yeelded for the same: the one taken from the Winter preceding, which, by reason of its moisture, filleth the body with crude and excrementall humours, and by its coldnesse, thickning, and compacting the same, quieteth them from fluxion. But the heat of the Spring approaching, and working on those humours, rarifieth and dissolveth them; which thereupon fluctuating and putrifying in the body, are the cause of sicknesses, unlesse they are expelled by the force of nature, or timely help of Physick.

The

The other reason may be taken from the inconstancy of the Spring it selfe, which sometimes is cold, sometimes hot, sometimes moist, and sometimes dry : which sudden alterations cannot but produce feverous distemperatures, and other infirmities, according to the disposition of the matter congested in the body, the Winter preceding. From which it may bee concluded, that the sicknesses and death of people, which happen more frequently in the Spring, than in any other season of the yeere, are not so much to bee attributed to the Spring, as to the Winter which hath filled the body with superfluities, and prepared it for sickness.

Wherefore whosoever will be so provident, as by the timely help of Physick, to free his body, as his state and constitution shall require, of the superfluities congested in it by means of the Winter going before, he shall be sure to be farre more lively, healthy, and free from sickness in the Spring, than in any other season of the yeere, so as hee erre not overmuch in other things. And this purging of the body, and purifying of the blood in the Spring, will not only preserve from sicknesses that commonly reign in the Spring; but also bee a meanes to keep the body in a perfect integrity the whole yeare after : and therefore I commend the taking of Physick in the Spring to all generous people, to them that lead a geniall sedentary kind of life, especially to such as are subject to obstructions or any yeerely disease.

The utility of
Physick taken
in the Spring

You may here demand of me, what time of the Spring

What time of
the Spring is
best for Phys-
ick.

Spring is fittest for Physick by way of prevention? I answer, that for them that are wont to be affected with sicknesse in the Spring, and whose humours are too cholerick and thinne, and consequently subject to fluxion, it is best to take Physick at the very beginning thereof; but for others, about the middle, or after, especially if the precedent time shall be cold and not Spring-like.

Whether it be
so requisite to
take Physick
in the Fall, as
in the Spring.

You may also here demand of me, whether it be not so necessary to take Physick in the Autumne, which we commonly call the Fall, as in the Spring? Whereunto, in regard of a generality, I must answer no: because the Summer prepareth not the body for sicknesse, filling it with superfluities, as doth the Winter; yet for some bodies it is, as for them that naturally abound with crude and phlegmatick humours, that are subject to obstructions, to cold winterly diseases, or any melancholick affects, as necessary to take Physick by way of prevention in the Fall, as in the Spring; and that for avoyding the superfluities before the Winter, for opening the obstructions, and freeing the bodie of superfluous melancholy, which then, by reason of the season, encreaseth. And the fittest time for the doing thereof, for such as are subject to melancholy and Autumnall diseases, is soone after the beginning of the Fall; but for others, towards the middle thereof.

Advertisement
to bevvare of
Empericks.

But here I must advertise you that you expose not your body to the unlearned Emperick, that can neither finde out the peccant humours, nor parts affected; but to such as are learned in that Art
that?

that can well judge of your state of body, and accordingly prescribe you remedies, as your constitution and affected parts shall require. Many men think, yea some of a generous note, wherein they bewray their carelesnesse, if not their stupiditie too, that whilst they are in health, they may for prevention, take Physick from any one, it matters not from whom it be, nor what Physick it be, so it work with them. I must tell you, that many overthrow their bodies hereby, and that there is no lesse Art and judgement required for preserving the body in health, than for curing of it being sick, if they did but know how the foure humors are or ought to be proportioned in their bodies, for enjoying according to their constitutions a sound and healthy state, they would, I am perswaded, be more cautelous than to commit themselves into the hands of the unlearned, who by their inconsiderate courses, take humors from them at an adventure, so well those which are not offensive, as those which are, to the utter subversion of the oeconomie of the body; whereof though, perhaps, in regard of their strengths, they are not by and by sensible, which is that which only cloaketh the errors of Empericks, and as a vaile, masketh many mens eyes and understanding herein: yet they will, as I have in divers observed to their perill, by little and little incurre a lapsed state of body.

It is strange to see the ignorance of most people, how backward they are to give the learned Professors of Physick their due, ready to lay scandals

upon them: but forward to magnific Empericks, their Physick, their honesty, their care; willing to excuse and passe over their grosse slips and absurdities: *O mira hominum stupiditas!* But proceeds this altogether out of ignorance? I suppose not: for doubtlesse many seek unto them, and magnifie their Physick, because it is cheap: but such are fooles and Gullies indeed, for they wrong, and even poyson their bodies with grosse and ill-qualified Physick, to save their purse.

But to answer the reasons, or rather the words which they produce and alledge in the favour and behalfe of Empericks: To what purpose is the working of that Physick which respecteth not the peccant humors nor parts affected, but to the overthrow of the body? What is a supposed honesty in a Physician without learning, but a snare wherein the ignorant do voluntarily entrap themselves? I say supposed: for I cannot think that man to be honest, that usurps a calling, which with a good conscience he is not able to discharge. Or to what purpose is the care that Empericks take about their preposterous and il-composed medicines, but to the utter ruine of the patients body, as it too too unluckily happened of late to a Gentleman of good worth and note, who taking Physick by way of prevention of a Pil-boasting Surgeon, in a short space, by his ill-qualified and preposterous Physick, incurred an incurable and mortall lapse of his stomack and liver, being in his constant age, and perfect strength of body. Vaine therefore and very absurd is that conceit, which many have in fa-

vour of Empericks, *viz.* *If they doe no good, they will do no harme.* Admit that sometimes by their triviall pettie medicines, they do no harme; yet neverthelesse for that, I must tell you that they do much harme: for the sick body relying upon their skill, and they being not able to direct and execute such courses as shall be fitting and effectuall to impugne the disease, while there is time fitting for the same, the sicknesse gets the masterie, and then (perhaps) when the strengths are too much weakned, and the disease become incurable, they seek help of the learned Physician. So basely verily are most of our people affected to their health, that untill some practicall Minister, Parish Clark, Apothecary, Chirurgeon, or the like, have done their utmost hurt, they seek not to the Physician.

And here to vindicate our Art from calummie, I cannot but taxe the most sort of people, that being affected with any great or difficult disease, which by reason of the nature thereof, or contumacie of the peccant humours, will have such progresse, as that it cannot in a short time, by the medicines and best endeavors of the learned Physician, how forceable so ever, be evicted, will reject their Physician, and betake themselves, which is an absurdity, *super omnium absurditatem*, to some ignorant sottish Emperick, and every Good-wife's, medicine, to their great hurt, and oftentimes utter overthrow. But if it happen, that they recover thereupon, they lay an imputation upon the Physician, and grace their Emperick with the cure; whereas in very deed the matter of their disease was wholly, or at least the

greatest part thereof, eradicated by such fit and powerfull remedies, as the learned Physician had formerly administred unto them : whereupon the residue of the cure was effected by the force of Nature, not by the weak endeavors of the Emperick, or triviall medicines of any other whatsoever.

I have of purpose enlarged this Advertisement, and do leave it for a memoriall and Caveat to all posterity, especially to the Gentlemen of this our age, who, for the most part of them, very greatly wrong their judgements and understanding, in taking Physick of the unlearned; and wherein they do not only wrong themselves, but also give occasion of hurt unto others : for the meaner sort of people following their example, do the like, whereby it comes to passe, that in all likly-hood, more untimely perish (which I beleeve to be true in the Western parts of this kingdom) under the hands of Empericks, than die otherwise. Such as will not take notice hereof, *in Empericorum manus incident*. And if any *Asinus Cumanus*, or *Terra filius* shall object, that divers recover under the hands of Empericks; I answer in a word, that the recovery is not to be attributed to their Physick, but to the strengths of Nature, that beares up, both against the disease, and their preposterous courses.



A C E N S U R E CONCERNING THE WATER OF SAINT

VINCENTS Rocks neere *Bristoll**,

which is in great request and
use against the Stone.

* *Vibis pulchra,
& Emporium
celebre.*



His Water of Saint *Vincent's* Rock, is of a very pure, cleare crySTALLINE substance, answering to those crySTALLINE Diamonds and transparent stones that are plentifully found in those Clifts. It is no lesse commendable for smell and taste, than delectable for colour and substance; and for its temperature, excels any other of this kingdom, being almost of a meane betweene heat and cold: I say almost, because it is a little more inclined to cold, than to heat, which maketh it the more effectuall for allaying the burning heat of the bowels, and yet by reason of its good temperature, not quickly offensive to the stomack, if it be not lapsed by cold.

The substance
and tempera-
ture of the
Water.

But before I deliver my Censure and opinion concerning the nature and use of this water, it is
V u 3 sitting

From vvhat
Minerals it re-
ceives its me-
dicinable fa-
culties.

sitting that I declare unto you the matter from whence it receiveth its medicinable faculties, and that is from Sulphur and Niter, and from both. but in a small measure: for the water at its issuing forth, carrieth with it but an obscure heat, being scarcely lukewarme, and the reason thereof is, because the heat of the water, and strength of the sulphurous vapours are qualified and abated in the passages thorow the earth; or else it is, because this water issueth but from a small veine of Sulphur. And the note that it hath but little Niter in it, besides the probation thereof, is, because it can hardly, or not all in the taste be discerned, but by a curious and skilfull pallate for the purpose. I suppose that this water partakes of other good minerals: but I leave that for a farther search, or to such, as shall hereafter live more conveniently for that purpose, than I doe. But whatsoever minerals shall lie hid in the passages of this waser, it is sufficient, that it partakes of two so good as Sulphur and Niter, and that in such a mixture, as it makes it to be of an excellent temper, and medicinable facultie in potable uses for divers cases, as shall be hereafter shewed. It were to be wished, that the water issued forth in a more convenient place, as well for accessse unto it, as for conserving the heat thereof.

This water is frequented for no other use, but for the drinking of it against the Stone: it hath also other excellent faculties; But I suppose (such is the vanitie of our time) that the fame thereof will not long hold, but will in short time have an end,

as some other waters of good force and efficacie against sundrie infirmities, in divers places of this kingdome have had, and that by reason of the absurd and preposterous use of it: for upon notice and experience that this water hath don some good against the Stone, people of all sorts repaire unto it, so well such as have not the Stone, as those that have, or stand in feare thereof, and abundantly glut and fill themselves therewith, till they vomit and strout againe, scarcely one of fifty, I dare say, having the opinion of a judicious Physician for the taking of the same, or preparing their bodies for it as is meet; which cannot but bring a discharge to the water: for admit that a few chance to receive benefit thereby, some will not, but many much hurt. Neither can the water be good for all bodies that are troubled with the Stone, or subject thereunto: and therefore I would have you to know, that the ill and preposterous use thereof will weaken the stomack, subvert the liver, annoy the head and brest, occasion Cramps, paine in the joynts, breed crudities, rheumes, coughs, Cachexies, the Drop sic it selfe, and Consumption.

The hurrs
that are occasioned
by the
unadvised use
of the Waters.

But I will proceed to shew you the faculties and true use of the water. It notably cooleth the inflammations of all the inward parts, and yet, as I have said, not quickly offending the stomack, as other Waters doe; and it is withall of a gentle mundifying facultie. It is therefore very effectually against the burning heat of the stomack, inflammations of the liver and reines, and adustion of the humors, being taken with fine Sugar in this proportion,

The Vertue
and Faculties
of the Water.

proportion, as a dram of Sugar or there about to a pint of the Water. In such as have had hot livers, red pimpling faces, and aduſted humors, I have cauſed a Tincture of Roſes and Violets to be taken therewith, and that with ſingular ſucceſſe. It may be given with other good convenient Adjuncts, which will not only make it the more gratefull to the ſtomack, but alſo more effectually for the caſes aforeſaid, which I leave to the Phyſician to find out, and direct as ſhall be beſt fitting for his patients body. In inflammation and ſiccidity of the inteſtines, it is good to give with this Water, ſyrup or *mel Viol. ſol.* In inflammation of the kidneyes with obſtruction alſo in them, I have given it to ſuch as had withall hot livers, with *Chryſtallo minerali*, with wiſhed effect, for the diſtemper of the kidneyes was not only quickly allayed therewith, but alſo abundance of ſand and other droſſie matter ſtopping in them purged forth.

That this Water is good againſt the Stone, Strangury, and purulent ulcers of the kidneyes and bladder, it is evident, by reaſon of its mundifying and clenſing faculty, to be taken with Sugar as aforeſaid, or with ſome good and effectually Adjunct, for the ſpeedier carriage of it to the affected places, &c. which by reaſon of the diverſity of bodyes, I cannot here deſcribe, but muſt leave you therein to the advice and counſell, not of a vulgar, but of ſome learned judicious expert Phyſician, and that with this Caution, that if you be not ſure of the accurate judgement and ſkill of your Phyſician, that you take the Water only with Sugar, without
any

any other mixture with it. This Water is also good in the ulcerations of the intestines, with this Proviso, that it be taken with some convenient Adjunct, as *Mel Rosat*, &c. to occasion the passage thereof thorow the belly, diverting it from the veines.

As concerning the use of the Water, and first, for inward inflamations : The time of the yeere best for taking therof by way of cure or prevention, is in the months of Aprill, May, and Iune, and that in the morning fasting, the body being first prepared thereunto, that is, gently purged, according as the constitution thereof shall require; but in case of necessity, it may be taken at any other time, respect being had of the season, age, and present state of the body. As for the quantity that is to be taken every morning, and how long to be continued, in that, because of the diversitie of bodies, I must leave you to the discretion and judgement of your Physician.

The use of the Water for inward inflamations.

As for the taking of this Water against the Stone, tenne Rules are to be observed in the use thereof. The first is the preparation of the body, that is, that it be exquisitely purged, before you attempt the use thereof: for the passages being cleared, and the ill matter diverted by Stool, the Water will the more freely, and with greater force penetrate unto the reines.

Tenne Rules to be observed in taking of the water against the Stone.

The second is, that it bee taken in the morning fasting, the excrements of the belly being first depozed, and that at divers draughts, allowing betwixt every draught or two draughts taken the one after the other, the space of a quarter of an houre,

or somewhat more, till you have taken the whole portion of Water that is intended to be taken each morning, walking and stirring gently your body betweene every taking: for that will cause the Water to bee the sooner distributed thorow your body, refraining to go abroad in the aire betweene and upon the takings thereof, if the weather shall bee any thing cold; for cold will hinder the distribution of the Water. And here it is to bee advertised, that if the body shall be costive, or inclined thereunto in the use of the water, that there be sometimes a glister administred about an houre before bedtime.

The third is, the quantity of the Water that is to be taken every morning, which must be directed by your Physician that knowes your age and state of body. The fourth is, how many mornings together it is to bee taken, as eight or ten more or lesse, according to the ability of the stomack, strengths and state of body, wherein you must likewise bee directed by your Physician.

The fift thing to be observed in the taking of the Water is, to take it so neere as you can, in the same temper of heat as it issueth forth, or else so hot as you shall be well able to drink it: and herein every one may gratifie his owne stomack. But seeing that for them that are impotent in their limbs, the place is unfit for the taking of it, and that the Water seemes, by reason of the rawnesse of the place, to be colder at its issuing forth than it is otherwise: for being taken into a stone lugge, it warmeth the same; I advise that the water be taken into stone lugges,

or other convenient bottles, and the Iugges or bottles to bee immediatly stopp'd, to keep in the vapours, and so the water to be taken while it reserveth its heat; but if the water shall waxe cold before you take it, you may heat the Iugge in a kettle of hot water, till it shall bee so hot as you shall like to take it, keeping the Iugge close stopp'd all the while: and so you may doe such mornings when you cannot have the water, it being all overcovered by that part of the Severne that floweth to the Citie. If you demand of me, whether the water loseth any thing of its vertue, being so kept? I must answer you, that it is likely that it loseth somewhat of its sulphurous, but not any thing of its nitrous quality, and therefore it may bee well reserved, and used in manner as aforesaid.

The sixth is the time of the yeere that is best for the taking of this Water, and that is, in a season that is not cold, or rainy; but hot, or inclining thereunto, as from the beginning of May, to the middle of September; but after that, in regard of the alterations of the ayre, and Winter approaching, this Water is not good to be taken, because it will weaken the stomack and liver, annoy the brest, breed crudities, Coughs, &c. as I have already shewed.

The seventh is the diet that is to be observed all the time of the taking of the Water, which is, that it must bee but slender, and that of meates of good juice, and easie digestion, the dinner not to be taken, till the greater part of the Water be avoyded, and the supper must bee alwaies lesse than the dinner,

that the Stomack may be the next morning emptie for receiving of the Water againe.

The eighth is, that the body bee purged immediately after the taking of the Water, that is, when an end is made of taking it, for avoyding some reliques thereof, which perhaps may abide in the body after the use of it, which the Physician must be careful to doe with a fit medicine. Afterwards a moderation in diet and all other things is to be observed. I have known some that about a day or two before they have made an end of drinking the water, to have fallen into a loosenesse by stoole, which may happen in regard that the body is satiated and glutted with the water; and yet to them I have exhibited a fitting hydragog medicine to evacuate the reliques of the water, which wrought very plentifully and well: and this I leave as an observation for others to follow in the like case.

The ninth is, that it bee not given to children, that are subject to the Stone, under twelve yeers of age, unlesse they shall be naturally of a very hot constitution, and that, to them in quantities proportionable to their age. Neither is it to be admitted to them that are entered within the limits of old age, because it will abbreviate their life, *calorem innatum extinguendo*.

The tenth and last thing to be considered in the use of this Water, is, that it be not given to such as by reason of the smalnesse and straightnesse of their veines, cannot excrete and passe it away by urine, though the infirmities of the Stone, Stranguries, &c. may otherwise require the use thereof. Neither is

For vvhhat bodi-
diesthe use of
the Water not
convenient,
but hurtfull.

it to be given to such as have cold stomacks, weake livers, feeble braines, and subject unto Rheumes; in a word, not to phlegmatick, nor to any that abound with crudities, or have a cold and moist habit of body: for in all such it will soone infringe the naturall heat, breed Rheumes, annoy the brest, occasion Cramps, and divers other infirmities, as I have afore shewed. But if in use of the Water you shall finde a very great heavinesse in your head, and a sleepe disposition, it will bee best for you then to give over the use of it, and to purge forthwith, lest by continuing of it, and overcooling the braine, and filling it with waterie superfluities, you incurre a Lethargie, or Palsie, or some other debilitie and affect of the limbs and sinewes; which I have known to have happened unto some, that without advise, or fitting preparation have used this Water.

The same observations must be kept in taking of this water against the Strangurie and ulcerations of the bladder and kidneys, as is directed in taking thereof against the Stone. In which affects it is good to give therewith some lubrifying, clesing extract, or the like. And here note, that if the Water in all the aforesaid cases be given with a fit and convenient Adjunct, it will not only be the more effectually, and sooner conveyed to the affected parts, but lesse quantities also may serve to be taken; and then the stomach will not be so overprest and charged therewith, as it is in the common manner of taking it. But if it bee at any time fit to overcharge and presse the stomach therewith, it is in cases of the Strangurie

gurie and purulent ulcers of the bladder and kidneys.

I may not omit to give you notice, that divers symptomes or perillous accidents may happen oftentimes in the use of this Water, which, because they cannot be well rectified or prevented without the presence of a Physician, I here omit to nominate or treat of, and in stead thereof, as also for divers reasons afore nominated, doe advise you not to adventure the drinking thereof, without the advice and presence of a judicious Physician; which if you do, you may haply in stead of the good you expect therby, receive much hurt. As for outward uses, this Water may somewhat assuage the Itch, mundifie and palliat old Sores; but no matter of moment is to be expected from it this way. And thus

much concerning the nature and use of
this VWater, whose Vertues will
be better known, if people
make a right and good
use thereof.

FINIS.

A
Briefe and Accurate
T R E A T I S E
CONCERNING
The taking of the Fume of
T O B A C C O,

Which very many, in these dayes,
doe too too licenciously use.

In which, the immoderate, irregular, and un-
seasonable use thereof is reprehended, and
the true nature and best manner of using it,
perspicuously demonstrated.

By **T O. V E N N E R** Doctor of Physick in Barba.

L O N D O N,

Printed by *R. Bishop* for *Henry Hood*, and are to be
sold at his shop in *Saint Dunstons Churchyard*
in *Fleetstreet*, 1637.

JOB A CO

Which very many, in these days,
do not understand.

In which the first of the
second and third are
the most important.

JOHN A CO

JOHN A CO

JOHN A CO
JOHN A CO
JOHN A CO



A brieft and accurate Treatise,
concerning the taking of the fume of
TOBACCO, which very many in
these dayes do too too licen-
cioufly use.



THE hearb TOBACCO is of much antiquitie and reputation among the *Indians* of *America*. It is also called *Nicotian*; but neither this nor that is the name that the *Indians* give unto it: for it was called TOBACCO by the *Spaniards*, by reason of an Island so named, which abounded with this hearb: and by the *Frenchmen*, *Nicotian*, of the name of one *Nicot*, that first gave the intelligence thereof unto them. But the *Indians* call it *Petun*, or *Petum*, which indeed is also the fittest name that both we and other Nations may call it by, deriving it of *Peto*, for it is farre fetcht and much desired. And thus much for the name.

As touching the temperature and faculties of it, it is hot and drie in the third degree, and hath a deleteriall, or venemous qualitie, as I suppose: for it being any way taken into the body, it tortureth

Y y

and

The nature of
Tobacco.

and disturbeth the same with violent ejections both upward and downward, astonisheth the spirits, stupifieth and benummeth the senses and all the members. This noysome facultie of *Tobacco* proceedeth not from the temperature of it, but from the very essence of its substance. As for the stupifying or benumbing qualitie thereof, it is best perceived upon the taking of the fume at the mouth: for thereupon followeth a drunken-like lightnesse of the head, and especially if it be much taken at once, a benumbing sleeplinefle of the limbes and senses. Wherefore *Tobacco*, though it be in taste, biting, and in temperature, hot, hath notwithstanding a benumbing qualitie; which, because it cannot depend of an extreame cold qualitie, the hearb being very evidently hot, it followeth, that it is hot and and benumbing, not benumbing by reason of its temperature, but through the propertie of its substance. There is in the juyce of this hearb an excellent digesting, mundifying, and consolidating facultie; by meanes whereof, it is of ineffable force for the speedy curing of any wound or cut in the flesh, or soares, ulcers, scabbs, &c. for which it is worthy of very great esteeme, and not much for any other propertie to be magnified and respected, (as I conceive.) And thus much briefly concerning the nature of *Tobacco*.

An objection
of our vulgar
Tobacconists.

Before I passe to deliver mine opinion concerning the use and faculties of the fume, I must cleare an objection of our vulgar *Tobacconists*, which I seeme to heare them make against the noysome qualities that I have averred to be in *Tobacco*,
saying;

saying; that upon the taking thereof they find no tortures and violent ejections, or stupifyings of their members and senses. To whom I may answer, that the immoderat use of *Tobacco* hath made them *Inferribles*, without sense. But let it be admitted, that upon taking of the fume, they find not those malignant effects; yet it convinceth not my assertion, because that by long use and custome, it becommeth familiar to their bodies. And thus much by the way to our licentious *Tobacconists*, who spend and consume, not only their time, but also their health, wealth, and witts, in taking of this loathsome and unsavorie fume. Now I come to speak of the smoakie fume and faculties thereof, which is taken through a pipe for that purpose, into the mouth, and thrust forth againe at the nostrils, and is of some also sucked into the stomach and breast, against all diseases, especially such as are gotten by cold, or that proceed from a cold and moyst cause.

Solution.

The *Indians*, from whom we received this manner of taking *Tobacco*, were (at the first) only wont to take it at such times, as they felt their bodies wearied with much labour and exercise, or would presage of things to come: for the fume procuring first a drunken-like lightnesse of the head, and thereupon sleep, with fundry phantasmes or visions, was the cause that upon their awaking they found themselves (through their sleep) greatly eased, and refreshed, and could, by reason of the somnorine visions which this fume doth greatly occasion, presage (as they fondly conceived) the event of any businesse, or matter of importance;

Sleep and
vain dreames,
two effects of
Tobacco for
vvhich the In-
dians used it.

that they desired to know, or were delighted in.

First they took the dried leaves of *Tobacco*, and cast them on the coales, then they received the smoake of them at their mouth and nose with a kane, and continued the taking thereof so long, till that they fell into a drunken trance and sleep, wherein they continued as dead three or foure houres, according to the quantity of smoak that they had taken. The fume having done his work, they awakned out of their sleep, and found themselves eased and lightned, in such sort, as that they were able to returne to their labour or exercises, as lustily as before: and this they did alwayes when they found themselves wearied, or were (as I have said) desirous to fore-know, what might be the successe of their businesse, by meanes of the vaine dreames and visions, which this fume suggesteth.

But this custome of taking the fume, hath so farre bewitched them (as also it hath and daily doth many of our people) as that they also often-times, take it for wantonnesse and delight, wherein they have so great a pleasure, as that they desire nothing more than to make themselves drunken and drowsie with *Tobacco*. And thus much for the originall of the fume. I will now leave the *Americans*, and come to our *Europeans*, who (well-neare) use the fume of *Tobacco* with as much excesse as they doe.

Many of our people, and that of all sorts, doe greatly affect the taking of *Tobacco*; but few of them respect whether it bee profitable to their bodies:

dies: for most take it, rather for custome and delight, to entertaine and passe away the time, than for any necessity or utility that they have of it: whereby it commeth to passe that some judge very hardly of Tobaccos fume, and utterly disclaime the use thereof. In consideration whereof, I was moved to publish this Treatise, shewing therein the faculties and right use of the fume; of some (as I know) greatly desired: and withall, taxing the ignorance, or rather petulancy of many, that in these dayes doe take it without any respect had of the time, age, or constitution. A work (I hope) no lesse pleasing, than profitable.

For mine owne part, I confesse, that though I am in no wise delighted with the fume of Tobacco, partly for the malignity of its nature, but especially, because of the detestable favour or smack that it leaveth behind upon the taking of it: yet I do not altogether condemne the use thereof, but rather approve it as necessary and profitable for the rheumatick, and such as are of a cold and moist constitution, and in cold and moist seasons, so as it be taken in congruent manner, that is, both moderately and seasonably, as shall bee heereafter shewed, for it helpeth the braine that is over cold and moist, reducing it by its heating and drying facultie unto a temperature: it taketh away rheumes and windiness of the head, and is profitable for all cold affects of the braine and sinewes, by resolving and consuming the crude and windie superfluities of those parts: it doth (for the time) expell melancholic, and excite lumpish spirits: it helpeth paines

The vertues of
Tobaccoes.
fume.

of the teeth, swellings of the gummies, & aches of the joynts: it preventeth putrefaction of humours, by drying up the crudities of the body, & is very profitable upon taking of cold, & for all cold & moist affects of the stomack, brest & lungs. It is a speedy remedie upon a surfet *, by making a sudden evacuation both upward & downward of such things as are contained in the stomack, and by the like reason it doth, in an instant, remove windie torments of the stomack, and bowels, that proceed of crude humours, and helpeth the fits of the mother: in a word, it is (being rightly used) availeable against all cold and moist distemperatures. But to such as are not of a cold and moist constitution, nor affected with rheumes, it is not, though it bee only retained in the mouth, & poured forth at the nostrils, but by way of precaution, and that with good advisement to be permitted, as I will hereafter shew, & the reason is, because this fume which is hot and dry in the third degree, ascending to the braine, doth not only greatly heat and distemper it, but also the animall spirits, whereupon oftentimes the senses are confounded, and the understanding perverted.

Astouching the taking of the fume downe into the stomack and lungs, I utterly disclaime as pernicious, except it be done by way of Physick, one or another of the aforesaid affects, impensively requiring it, both by reason that it is of a very turbulent and sickly operation, and also, because it being excessively hot, over heateth, and dryeth the liver, marreth the concoction of the meats, and deturbeth them undigested from the stomack, if it bee taken before

* *Imbibitus*,
that is, taken
down.

This custome
of taking the
fume downe
into the sto-
mack and
lungs very
pernicious.

before they are concocted. Moreover, the lungs which are the flabell of the heart, being by nature (in regard of their great use and continuall motion) of soft and spongie substance, are by the immoderate heat and siccitie of this fume, quickly dried and coarctated, and consequently become unapt for motion, to the great offence of the heart, and ruine at length of the whole body. Hence it may appeare, in how great an error they persist, that usually, or for every light occasion, imbibe or take downe this fume.

Now that which hath been spoken concerning the use of this fume, is not so precisely to be taken, as that it is at no time lawful or convenient for such as are not by nature rheumatick, or cold by constitution to use it: for it is sometimes allowable for every one, except for him that hath a very drie distemperature of the braine, to take this fume by way of prevention. For examples sake, if any one that is not subject unto rheumes, shall travell, or take a journey in mistie, stormie, and raynie weather, especially in the winter season, I say, that it may be expedient for him, although hee bee not rheumatick, or of a cold temperature, to take a little, as foure or five draughts of this fume so soone as he shall be entered into his house or Inne, for the preventing of rheumes, or other harmes that may chance to him by meanes of the grossenesse or impuritie of the aire.

But mee thinks I heare many that are not by nature rheumatick, nor of a cold temperature of body, lovers of this fume; or that I may more rightly speake,

An objection
of our vulgar
Tobaccoists.

olution.

speake, abusers, and luxuriating in this kind of evill, for cloking of their vicious custome, to object against me after this manner: We find by daily experience, that the fume of Tobacco doth draw from us very many rheumatick humours: wherefore the use thereof is not onely allowable and good for the rheumatick, and such as are of cold temperature. I doe deny the argument; and also reject their experience: for their lewd and preposterous custome in taking this fume is convenient for no constitution or state of body: for, one while they take the fume, another they drink, and so continue by turne, untill they fall asleep, vomit, or be drunk: wherefore it is no marvell that upon the use of the fume they excrete very many rheumatick superfluities, seeing that by this their preposterous and unreasonable mingle-mangle of smoak and drink, farre more crudities and superfluities are bred, than can by vertue of the fume be consumed or excreted, as it is to bee seene in them that are given to Tobacco, and the Pot, whom you may see to have tumid and smokie faces, with turgid and flatulent bellies.

Another objection.

Heere also some, I know, which are delighted with the drinking downe of this fume, that I may so speake, will object against that which hath bin spoken against that manner of taking it, namely, that upon the taking of it downe after meat, they find no perturbation or offence, but rather, very great commodity, by furthering the concoction. I must tell them, that in this they are grossly deceived: First, because their daily custome of im-

bibing

bibing the fume taketh away the sense of perturbation; for by use and custome, any thing (though contrary) is made familiar unto Nature, as I before have touched: Secondly, they are no lesse deceived, thinking by imbibing the fume, that the concoction is furthered, being not able to distinguish between concoction & distribution: for it is the worst thing, and most pernicious to the bodie, to occasion the distribution of the meates before they are concocted in the stomack; which they doe, that imbibed or drink downe the fume after meat. And verily, the cause of this their error, is some emptinesse of the stomack, or provocation to stoole, which they feele upon the receiving of the fume, not considering, that this their emptinesse and ill distribution of the meates, and consequently, provocation to stoole, proceed from the purgative faultrie of the fume. Wherefore I would have them to understand, that though they seeme to be well for the time, either by reason of their youth, or of a strong constitution of body, that this preposterous taking of the fume, will upon the sudden, ruine the state of their bodie, by spoyling the stomack, destroying the concoction, and filling the whole body with crude and noysome superfluities.

If they shall againe urge to shunne these discomforts, and maintaine another custome no lesse pernicious, that they will take the fume about three or foure houres after meat, when the concoction is effected, for deturbing or driving down the reliques of the meats, and crudities that shall bee in the stomack, I would have them to know, that the hurt

will bee farre greater than the profit: for besides that, in this they pervert the operation of Nature, they greatly also annoy the lungs, disturbe and infringe the spirits, corrupt the breath, and destroy the sanguifying facultie of the liver. I marvell verily at the madnesse of these men. For, what is there in the fume that should so greatly occasion delight? Not the smell, because it is unpleasant, much lesse the savour, for it is stinking and fuliginous.

Besides these idle affectors of Tobacco, there are also some who are grave and seemingly wise and judicious, that take it moderatly, and most commonly at fixed times; but with its proper adjunct, which (as they doe suppose) is a cup of Sack, and this they think to bee no bad physick; nay, they so relie upon this sacred medicine, as the most of them become detractors both of Physick and Physicians, for which cause they shall not passe without my tax. As for Sack, it is without all controverlie, very helpfull, comfortable and agreeable to mans nature, as I have shewed in my Book, which is entituled, *Via recta ad vitam longam*. Tobacco is not so, but rather oftentimes hurtful, especially if it be not judiciously used. But whether Sack be good to be taken upon Tobacco, I will hereafter (notwithstanding these detractors, for the good of others) demonstrate.

As for these Cynick detractors (for such you shall find most of them to be) (a) I must tell them,

(a) There is also no other

reason why very many of our people, in their sicknesse, expose their bodiesto bee corrupted, I cannot say cured, to ignorant usurping Poticaries, and other base illiterate Empericks, vvho are (contrary to the Lawes) every vvhere permitted to exercise Physick, to the dishonour of God, disgrace to the Faculty, hurt of our people, and shame of our Nation.

that

that this their absurditie proceedeth from their ignorance of the great and admirable mysteries of the noble Art of Physick; or for that they are slaves to their purses, and therefore seeke not in their necessities, Physick helps, and counsell from such as are learned in that facultie; or else, it is because they deeme all expense lost; besides that which adorne the back, or oblectate the pallate and throat. And so I leave these to their Physick, and the common Tobacconists to their sleeping between the Pot and the Pipe, and come now againe to shew the right use of Tobacco.

Although it be apparent, by that which hath bin hitherto delivered, that the taking of *Tobacco* is only convenient for cold and moyst bodies, that the often and daily use thereof is only allowable for them that have their stomack, brest, braine and sinewie parts exceedingly cold, and stuffed with crude and rheumatick humors, and also that it is sometimes tollerable for others, by way of prevention; yet the knowledge of these things, without the true use and application of the fume, as namely, when to use it, how often, in what manner and measure, and what to observe after the taking of it, is of small purpose: for it may (being taken without respect had of these circumstances) prove more hurtfull, than beneficiall unto him that taketh it. Wherefore I wish him that desireth to have the true use of *Tobacco*, to receive from me, and carefully observe ten precepts in the use thereof.

The first is, that it be most commonly taken a lit-

Ten precepts
to be observed
in the use of
Tobacco.

tle after meales, and that for two respects. The first is, because the native and digestive heat is not a little comforted by the translation of the heat of this fume, *mediantibus nervis*, from the braine to the stomach. The second is, for the consuming of vapours, and preventing of their hurts, which in many are immoderately wont to ascend after meale: for by meanes of the fume detained in the mouth, and thrust forth at the nostrils, those superfluous vapours are in part consumed, the braine which by nature is over cold, and moyst, heated and dried, and consequently, not so soone annoyed by the vapours which do ascend unto it.

The second is, that it be sometimes also taken mornings fasting, after a little stirring of the body, and also sometimes about a quarter of an houre before dinner and supper, but especially at the time of the going to bed, in whom the condition of the body, as a very cold and moyst constitution; and some accidents, as rheumes, catarrhes, heavinesse of the head, and cruditie of the stomach; or circumstances, as a moyst, foggie, and waterish season, shall for the preservation of the health, indicate the use thereof.

The third is, that at meales between the eating, it be at no hand taken, as some fondly do, because it dejecteth the appetite, interrupteth and spoyleth the concoction.

The fourth is, that the taking thereof be chiefly observed after travelling in misty, foggie, and rainy weather, because it preventeth catarrhes, and
rheumes,

rheumes, and taketh away all hurts, that are wont, by reason of the humiditie and grossenesse of the aire, to happen to the head and other parts. For the taking thereof at such time, is convenient for every state of body, except where there is a dry constitution of the braine, as hath beene formerly shewed.

The fift is, that it be taken with moderation, not exceeding the quantity of a pipefull, or two, at a time : for every thing that is superfluous, is very adverse to Nature, and nothing more than *Tobacco*.

The sixt is, that you drink not between the taking of the fumes, as our idle and smoakie Tobaccoists are wont, because thereby the operations of the fume are hindered, and more superfluities commonly bred, than can by the efficacie of it be consumed.

The seventh is, that taking of the fume before meales, you eat not, nor drink any thing within a quarter of an houre after ; but allowing that space for the operation of it, you may then wash your mouth with Beere or Wine, to take away the fuliginous savour of the fume, and also drink a draught of Sack, if the stomack shall be cold, or abound with crude and flatulent humors, and so goe to your meale. For to wash your mouth ; but especially to drink presently upon the taking of the fume, doth much hinder the operation of it. And if it be after meales, rub well also your gummies and teeth with a drie napkin, and afterwards chew in your mouth something of an aromaticall savour, as nut-

meg, citron pill candied, or the like, which do not only take away the fuliginous and stinking savour of the fume, but also give comfort to the braine and spirits. Tables made with an ounce or two of fine sugar dissolved in Fennell water, and three or foure drops of oyle of Anisseed added thereunto, are verry good to be eaten upon the taking of *Tobacco*, for they excellently correct the evill savour and smell of the fume, make the breath sweet, and also resolve windiness of the stomach; or else to swallow down, especially at the time of going to bed, the quantity of a prune of the Conserves of Rosemary flowers, , and red Roses mixed together in equall quantity, which do comfort the stomach and head, and prevent rheumes.

The eighth is, that in drawing of the fume, you suffer it not externally to affect your eyes: for it is unto them, by reason of its smokie, drying, and fuliginous nature, very offensive.

The ninth is, that you warily draw the fume out of the pipe, not sucking it into your winde-pipe and throat, with a sudden, or strong attraction: for then it will exasperate the winde-pipe, and much offend and disquiet the lungs and the mouth of the stomach.

The tenth and last is, that you goe not abroad into the aire presently upon the taking of the fume, but rather refraine therefrom the space of halfe an houre, or more, especially if the season be cold, or moyst, because the pores of the body being open, by meanes of the strong working of the fume, even
to

to the outtermoſt, and ſuperficiarie parts of the body, ineffable hurts may happen, by the ſudden acceſſe of the aire. Hence you may obſerve how idle and fooliſh they are, that cannot travell without a Tobacco pipe at their mouth; but ſuch (I muſt tell you) are no baſe Tobacchians: for this manner of taking the ſume, they ſuppoſe to be generous. Let theſe ſume-gallants enjoy their vanity, and for their better grace, it were good they were alſo attended with Chymney-ſweeping Lackeyes.

Now from that which hath beene ſaid, you may collect a two-fold manner of taking of Tobacco, which ought to be altered and obſerved, according as occaſion, and the particular ſtate of him that taketh it, ſhall require. The firſt is, a detaining of the ſume only in the mouth, and thruſting it forth againe at the noſtrills, for heating and drying of the braine, and for diſſolving and diſſipating of cold humors, and ſuperfluous vapours that reſide in it. The other is, a receiving of it into the ſtomack and lungs, for conſuming and deturbing of crudities and windineſſe, that ſhall offend in thoſe parts. But I adviſe that the ſume be ſeldome taken down, and then neither, but ſome great neceſſity, or extremity urging it, both becauſe it greatly offendeth the body with its violent operation, and alſo for that it may, by reaſon of its exſiccating nature, be very hurtfull to the lungs, liver, and milt, as I will by and by ſhew. Wherefore my counſell is, that ſome ſafer remedie (if time ſhall permit) be uſed for conſuming and deturbing of the flatulent crudities
of

The ſume of Tobacco ought not to be taken downe upon every light occaſion.

of the stomack and bowels. And if it be at any time good to be taken down, it is upon a surfet.

Whosoever therefore thou be that desirest to know whether the fume of *Tobacco* may be profitable, or hurtfull to thy body; thou oughtest first to consider, whether it be convenient for thy head: For if thy braine be over cold and moyst, or abound with superfluous matter, then the detaining of the fume only in the mouth, and forcing it out at the nostrils may be profitable unto thee. For by this meanes the fume ascending to the braine, doth not only by its heating, attracting, and exsiccating facultie, extennate and consume the superfluities in it, but also in some measure, reduceth the same to its native temperament.

Such as are affected with a dry distemperature of the braine, must verie vvarily (when they are annoyed with rheumicks) use *Tobacco's* fume.

But here by the way it is to be noted, that it may sometimes happen, that some may have their heads accidentally stuffed with rheumatick matter, although the braine it selfe be not in its native temperature over cold and moyst, but is rather enclined to a dry distemperature. Wherefore I advise such, to take the fume with very great caution and moderation, as at one time not to exceed the quantity of six or seven draughts at the most, lest it should cause greater hurt to the braine and spirits, by encreasing a dry distemperature of the braine, and incensing the spirits, than commoditie in discussing and consuming the cold and waterish superfluities, wherewith the braine was accidentally oppressed, which in some I have observed to come to passe, that have without measure and judgement used

this

this fume. The like caution must be observed in taking of this fume, of them, that have moyst and rheumatick braines; and yet are of a hot and drie temperature of body, such as are the cholerick, who are commonly much infested with rheumes by the ascending of too many superfluous vapours to the head, occasioned by the immoderate heat of the liver and stomack. Such, I say, must also take the fume with great caution and moderation, lest in taking it for the rheume, they over heat, distemper, and consequently ruine the whole habit of the body. Secondly, you must diligently consider whether the fume of *Tobacco* be convenient for the stomack, lungs, and liver, for if crude and windie humors abound in the stomack and bowels through a cold imbecillity of the liver; or if a cold distemperature, and thinne, crude, and flatulent humors domineere in the lungs, then the imbibing also or taking downe of the fume into those parts, may, so the stomack be empty of meats, be sometimes tolerable, yea profitable, especially for strong bodies, in case of extremitie, and when no better remedie, at the instant, can be had: for by its heating, exsiccating, and purging facultie, it somewhat correcteth the distemperature, consumeth winde, and forthwith expurgeth the offensive humors. But by reason of its turbulent and sickly operation, I cannot commend the often use thereof, nor at any time approve it to them that are of a weak and valetudinary state of body. Here therefore two cautions do offer themselves to be observed concerning

A a

the

Two cautions
to be observed
in taking the
fume of *Tobacco*
downe.

the imbibing, or taking down the fume : the one in respect of the lungs ; the other, in respect of the lungs and liver too. For if the lungs be obstructed of a thick and clammie humor, or subject to such obstruction, then the taking down of the fume is very pernicious, because it doth by reason of its heat and siccity, more harden and condense the humour, by meanes whereof, it is altogether unfit to be excreted. Neither in this case, for the same reason, is the taking of the fume only in the mouth, and thrust forth at the nostrils, to be approved. From hence it is manifest, with how great prudence, caution and providence, we are to use heating & drying remedies in affections of the lungs. In like manner also the taking down of the fume, is very pernicious to them that are affected with a drie distemperature of the liver, or lungs, although the stomach and intestines shal sometimes be annoyed with crude and flatuous humors, because it will cause greater hurt, by encreasing the distemperature of those parts, than commoditie in discussing and purging forth the crudities of the stomach and bowells. And therefore (in mine opinion) it is farre better, in such case, altogether to abstaine from taking down the fume, and to use a more safe and easier remedie.

The like caution must also be observed in respect of the milt that is obstructed, or subject to obstruction. And here it is especially to be advertised, that *Tobacco* any way, or at any time used, is most pernicious unto drie melan-cholericke bodies, because the fume, by reason of its heat and siccitie, doth not
only

ratio practica.

Tobacco most pernicious to melan-cholericke bodies.

only greatly distemper them, but also causeth the bloud to wax more melancholick, and to be aduſted, and the melancholic humor that reſideth in the Spleene, as in its proper receptacle, to be indurated, from whence diuers calamitous miſeries do commonly ariſe. Wherefore I adviſe all ſuch as are of a melan-cholericke conſtitution, utterly to ſhun the taking of Tobacco.

Now that I may impoſe an end to this buſineſſe, I will ſummarily rehearſe the hurts that Tobacco in-ferreth, if it be uſed contrary to the order and way I have ſet down. It drieth the braine, dimmeth the ſight, vitiateth the ſmell, hurteth the ſtomack, deſtroyeth the concoction, diſturbeth the humors and ſpirits, corrupteth the breath, induceth a trembling of the limbes, exſiccateth the winde pipe, lungs, and liver, annoyeth the milt, ſcorcheth the heart, and cauſeth the bloud to be aduſted. Moreover it eliquateth the pingue ſubſtance of the kidnies, and abſumeth the geniture. In a word, it overthroweth the ſpirits, perverteth the underſtanding, and confoundeth the ſenſes with a ſudden aſtoniſhment and ſtupiditie of the whole body. All which hurts I affirme, that the immoderate and intempeſtive uſe of Tobacco doth effect, both by reaſon of its tempera-ment; but eſpecially through the propertie of its ſubſtance: Wherefore the uſe of it is only tolera-ble by way of Phyſick, not for pleaſure, or an idle cuſtome.

To conclude therefore, I wiſh them that deſire to have *mentem ſanam in corpore ſano*, altogether to

The diſcom-
modities of
Tobacco, be-
ing immode-
rately, and un-
timely uſed.

to abandon *insanum praposterumque Tobacci Vsum*.
 This is all which seemed good unto me to be writ-
 ten of Tobacco's fume, partly for shewing the right
 manner of using it, but especially for reprovng the
 too too licentious, liberall, and intempestive
 taking of it, which very many, in these
 dayes, do to their own ruine lewd-
 ly, and for want of better
 imployment foolish-
 ly affect.

FINIS.

Vol
11
1871

2019 - B580

collected
+ perfect
S. L. L. L.
19/6/74

